

Auburn Montgomery Student Health Services

7461 East Dr
Montgomery AL, 36117
(334) 244-3281

Date: 08/21/19

PATIENT: HIGDON, LEON **DOB:** 03/20/1966 **Gender:** MALE **MRN:** 1048 **AGE:** 53 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Here for follow-up.

Symptoms: Patient reports that he has changed his diet and is eating lighter at dinner time most of the time. Patient reports that he is exercising more and avoids salting his food.

VITALS: BP: 132/94 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 76

ALLERGIES: Penicillins

MEDICATIONS:

amlodipine 5 mg tablet (TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY)
cetirizine 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY)
cholecalciferol (vitamin D3) 50,000 unit capsule (1 capsule po weekly x 12 weeks)
diphenhydramine 25 mg capsule (2 capsules po every night prn)
prednisone 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)
triamcinolone acetonide 0.1 % topical cream (Apply topically to affected areas twice daily)

REVIEW OF SYSTEMS:

HEENT: Patient denies: Blurred vision, Diplopia,

CARDIOLOGIC: Patient denies: swelling in lower extremities

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur; No edema;

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

NEUROLOGIC: No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

ASSESSMENT:

I10 - ESSENTIAL (PRIMARY) HYPERTENSION (PRIMARY)

PLAN:

amlodipine 10 mg tablet
Refills: 0 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY

Increase BP medication to 10 mg po daily

Continue with increased physical activity and make healthy food choices.

Avoid adding salt to food.

Monitor BP and record--bring to next appointment.

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RTC in 2 weeks for recheck

Electronically signed by Melodye Harvey, CRNP on 08/21/19 11:49 AM