

Auburn Montgomery Student Health Services

7461 East Dr
Montgomery AL, 36117-8092
(334) 244-3281

Date: 12/15/21

PATIENT: HIGDON, LEON **DOB:** 03/20/1966 **Gender:** MALE **MRN:** 1048 **AGE:** 55 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: yearly follow up on HTN and HLD.

HISTORY OF PRESENT ILLNESS: BP runs about the same as is in the office today as it does at home. He is taking the amlodipine and HCTZ. He c/o bilateral hand swelling at times, but mainly when he is on his feet all day. His legs have not swelled since he was started on the HCTZ.

He has a history of HLD. He was started on fenofibrated. He ran out of refills, therefore has not been taking it for a few months now.

He has a history of Vitamin D deficiency but is not currently taking Vitamin D.

VITALS: BP: 132/90 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 88; **Temp:** 97.5; **Resp:** 17; **Ht:** 71 in.; **Wt:** 222.4 lbs.;
BMI: 31.01; **Pulse Oximetry:** 98%

ALLERGIES: Penicillins

MEDICATIONS:

amlodipine 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY)
diphenhydramine 25 mg capsule (2 capsules po every night prn)
hydrochlorothiazide 12.5 mg tablet (TAKE 1 TABLET (12.5 MG) BY ORAL ROUTE ONCE DAILY)
triamcinolone acetonide 0.1 % topical cream (Apply topically to affected areas twice daily)

PAST MEDICAL HISTORY: Childhood asthma, allergies, HTN, HLD

PAST SURGICAL HISTORY: Tonsillectomy

SOCIAL HISTORY: Exercises regularly; Does not live alone; Married; Consumes alcohol. Frequency: weekly Type: beer

FAMILY HISTORY: Father with history of: HTN---Does not take medication

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

GENERAL: GENERAL: No apparent distress noted; Well developed; Pleasant.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted. No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

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MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
PSA, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics
VITAMIN D 25 - HYDROXY, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics

ASSESSMENT:

Z00.00 - Encounter for general adult medical examination without abnormal findings (PRIMARY)
I10 - ESSENTIAL (PRIMARY) HYPERTENSION
E78.5 - HYPERLIPIDEMIA, UNSPECIFIED
Z12.5 - ECTR FOR SCREEN FOR MALIG NEOPLASM OF PROSTATE
E55.9 - VITAMIN D DEFICIENCY, UNSPECIFIED

PLAN:

D/c amlodipine. Start losartan. Monitor BP. Follow up in 3 months for recheck. He will return tomorrow for fasting labs. .

Order cologuard.

losartan 50 mg-hydrochlorothiazide 12.5 mg tablet

Refills: 0 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY for HTN

Electronically signed by Lindsey Barton, CRNP on 12/15/21 2:51 PM



J. Barton, CRNP