

Auburn Montgomery Student Health Services

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

Date: 12/17/20

PATIENT: HIGDON, LEON **DOB:** 03/20/1966 **Gender:** MALE **MRN:** 1048 **AGE:** 54 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Hypertension follow up

HISTORY OF PRESENT ILLNESS: Mr. Higdon presents today for a hypertension follow up. He reports his blood pressure readings have been doing well. Running in the 120s/80s when he checks them periodically at home. He is here for a refill on Amlodipine. He also is prescribed HCTZ but reports he does not need a refill on that medication at this time. Denies any problems today. He is going on a diet in January and hopes to lose 10 lbs. He does not watch his sodium intake and reports he adds salt to most foods.

He has not had a colonoscopy since turning 50. His last wellness labs were in May 2020. He is fasting today for a lipid panel recheck. He is not currently on any medications for his cholesterol.

VITALS: BP: 122/84 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 67; **Temp:** 97.2; **Resp:** 67; **Ht:** 71 in.; **Wt:** 213.3 lbs.;
BMI: 29.74; **Pulse Oximetry:** 99%

ALLERGIES: Penicillins

MEDICATIONS:

amlodipine 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY)
cholecalciferol (vitamin D3) 1,250 mcg (50,000 unit) capsule (1 capsule po weekly x 12 weeks)
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

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organomegaly noted.

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:

LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics
BLOOD DRAW (1 unit(s)): In-House Lab
EKG (1 unit(s)): Office Procedure
Basic Metabolic Panel (1 unit(s)): Quest Diagnostics

ASSESSMENT:

I10 - ESSENTIAL (PRIMARY) HYPERTENSION (PRIMARY)
E78.5 - Hyperlipidemia, unspecified
R94.31 - Abnormal electrocardiogram [ECG] [EKG]
Z12.11 - Encounter for screening for malignant neoplasm of colon

PLAN:

EKG- NSR at 61 BPM with no ischemic changes. RBBB present w/ LAD. No old EKG for comparison.
Follow up with lab results. Recommended to monitor BP 2 x per week. Low sodium diet (2gm or less per day).
Encouraged weight loss. Cologuard referral placed. Referral to cardiology for echo, stress test, and follow up appt with their office. Follow up in our office in 6 months or sooner if needed.

amlodipine 10 mg tablet

Refills: 1 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY

hydrochlorothiazide 12.5 mg tablet

Refills: 1 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (12.5 MG) BY ORAL ROUTE ONCE DAILY

Electronically signed by Lindsey Barton, CRNP on 12/17/20 1:42 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.

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