

Auburn Montgomery Student Health Services

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

Date: 12/18/19

PATIENT: HURDLE, ANTHONY **DOB:** 01/18/1990 **Gender:** **MRN:** 1121 **AGE:** 29 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Follow up with CRNP

Symptoms: Patient reports that he is feeling better. Denies starting the mental health medications (plans to start on Monday). He reports taking the medication for reflux and it has really helped with his stomach discomfort and pain.

Patient reports that he is sleeping better. Denies any recent anxiety and reports that the relationship with his fiancé is calm at this time. Patient reports that he has decreased spicy food intake. He reports the pharmacist giving him an OTC medication for reflux.

Other: Denies suicidal or homicidal thoughts.

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

buspirone 5 mg tablet (TAKE 1 TABLET (5 MG) BY ORAL ROUTE DAILY)
fluoxetine 20 mg capsule (TAKE 1 CAPSULE (20 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)
ranitidine 150 mg tablet (TAKE 1 TABLET (150 MG) BY ORAL ROUTE 2 TIMES PER DAY AS NEEDED)
trazodone 50 mg tablet (TAKE 1/2-1 TABLET (25-50 MG) BY ORAL ROUTE ONCE DAILY AT BEDTIME)

PAST MEDICAL HISTORY: Anxiety;

PAST SURGICAL HISTORY: Knee Surgery--left--2012

SOCIAL HISTORY: Exercises regularly; Does not live alone; Single; Does not use recreational drugs; Does smoke For 5 years. Cigars--2 per day Consumes alcohol. Frequency: 1-2 times per week. Type:wine; Sexual orientation--Gay; Gender fluent; prefers, she/her/hers/OR he; Sexually active with 1 male partner in the last year

FAMILY HISTORY: Mother with history of: anxiety, depression, sarcoidosis; Father with history of: High Cholesterol; High Blood Pressure; diabetes; Sister with history of: HTN; Maternal Grandmother with history of: HTN; Paternal Grandmother with history of: HTN

REVIEW OF SYSTEMS:

GASTROINTESTINAL: Patient denies: abdominal pain, heartburn, indigestion,

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; Alert & Oriented x3; NAD; Appears Consistent with Age;

HEENT: Normocephalic; EOMI;

NEUROLOGIC: No Focal Deficit;

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

ASSESSMENT:

F41.9 - ANXIETY DISORDER, UNSPECIFIED (PRIMARY)
F33.1 - MAJOR DEPRESSIVE DISORDER, RECURRENT, MODERATE
K21.9 - GASTRO-ESOPHAGEAL REFLUX DIS WITHOUT ESOPHAGITIS

PLAN:

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Start mental health medication as soon as possible.

Monitor BP and record. Bring to next appointment.

Continue with reflux medications. Eat smaller, more frequent meals.

Sleep on an incline.

Avoid large meals before bedtime.

RTC in 3 weeks for follow up.

Electronically signed by Melodye Harvey, CRNP on 12/18/19 9:50 AM