

Auburn Montgomery Student Health Services

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

Date: 02/21/20

PATIENT: MILLER, ALYSSA **DOB:** 02/22/2000 **Gender:** FEMALE **MRN:** 1162 **AGE:** 19 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Reflux

Symptoms: Patient reports burning and pain in her abdomen recently. She reports taking Zantac that helped the problem but states that she cannot take it anymore (told by pharmacist it was recalled). She reports changing her diet that has helped but reports still experiencing reflux at times.

Other: Patient reports taking MVI gummies daily

COMPLAINT 2: Rash

Symptoms: Patient reports a rash on her buttocks that recently healed but reports dark areas. She reports the rash reoccurs at times and is very irritating and itchy. She reports using hydrocortisone cream and mupirocin ointment that helped the rash and caused the areas to heal.

COMPLAINT 3: Requests birth control

Symptoms: Patient reports that she would like to start birth control due to heavy and long periods. Periods last x 5 days with heavy flow.

Other: Denies sexual activity--virgin.

VITALS: BP: 138/80 **Site:** RIGHT ARM **Position:** SITTING **Pulse:** 103; **Temp:** 98.8; **Resp:** 14; **Pulse Oximetry:** 98%;
FDLMP: 02/03/20

GROWTH PERCENTILES:

Weight/Age: N/A

Height/Age: N/A

Weight/Height: N/A

BMI/Age: N/A

Head Circumference/Age: N/A

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: allergic rhinitis, headaches

PAST SURGICAL HISTORY: No prior surgical history;

SOCIAL HISTORY: Consumes alcohol. Frequency: occasionally. Type: wine Does not exercise regularly; Does not live alone; Single; Does not use recreational drugs; Does not use tobacco; Does wear a seat belt; Is Not experiencing unusual stress.

FAMILY HISTORY: Mother with history of: HTN; Father with history of: HTN

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient denies: Fever, Chills,

GASTROINTESTINAL: Patient is positive for: heartburn, flatulence, indigestion,

SKIN: dry itchy rash on buttocks

GENITOURINARY: All negative for vaginal discharge, abnormal periods, painful sex, vaginal masses, leaking urine, pain, hemorrhoids, abnormal bleeding, itching, odor, and cramps.

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PHYSICAL EXAMINATION:

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

HEENT: Normocephalic; Conjunctiva Clear; Sclera White;

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

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

GASTROINTESTINAL: Abdomen Soft and Nondistended; Epigastric Abdominal Tenderness; No Organomegaly; No Rebound Rigidity or Guarding; Bowel Sounds Symmetric x4; No obvious ascites or visible abnormalities;

DERMATOLOGIC: Site of Hyperpigmentation--buttocks, mild excoriation noted: Site of Erythema--buttocks

NEUROLOGIC: No Focal Deficit;

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

ORDERS:

UA (1 unit(s)): In-House Lab
COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics
VITAMIN D 25 - HYDROXY, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics
UHCG (1 unit(s)): In-House Lab

RESULTS:

UA:
Appearance: Clear
Color: Dark Yellow
Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.020
Blood: Negative
pH: 7
Protein: Positive
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Negative

UHCG:
Value: Negative

ASSESSMENT:

R10.13 - EPIGASTRIC PAIN (PRIMARY)
L30.9 - DERMATITIS, UNSPECIFIED
K21.9 - GASTRO-ESOPHAGEAL REFLUX DIS WITHOUT ESOPHAGITIS
Z30.011 - ECTR FOR INITIAL PRESCRIPTION OF CONTRACEP PILLS

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E55.9 - Vitamin D deficiency, unspecified--R/O

PLAN:

cephalexin 500 mg capsule

Refills: 0 Qty: 20 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (500 MG) BY ORAL ROUTE EVERY 12 HOURS

mupirocin 2 % topical ointment

Refills: 1 Qty: 22 GRAM(S)

Instructions: APPLY A SMALL AMOUNT TO THE AFFECTED AREA BY TOPICAL ROUTE 3 TIMES PER DAY

fluconazole 150 mg tablet

Refills: 1 Qty: 2 TABLET(S)

Instructions: TAKE 1 TABLET (150 MG) BY ORAL ROUTE ONCE, MAY REPEAT DOSE AFTER 3 DAYS IF SYMPTOMS PERSIST.

Tri-Sprintec (28) 0.18 mg(7)/0.215 mg(7)/0.25 mg(7)-35 mcg tablet

Refills: 5 Qty: 1 PACKAGE

Instructions: TAKE AS DIRECTED

hydrocortisone 2.5 % topical cream

Refills: 1 Qty: 30 GRAM(S)

Instructions: APPLY A THIN LAYER TO THE AFFECTED AREA(S) BY TOPICAL ROUTE 2 TIMES PER DAY

OCP information sheet provided to patient.

omeprazole 20 mg capsule, delayed release

Refills: 3 Qty: 30 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (20 MG) BY ORAL ROUTE ONCE DAILY 30 MINUTES TO 1 HOUR BEFORE MEAL

Follow up PRN or if condition worsens or does not resolve

Electronically signed by Melodye Harvey, CRNP on 02/21/20 4:21 PM