

Auburn Montgomery Student Health Services

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

Date: 08/28/20

PATIENT: CUBA, NICHOLAS **DOB:** 07/16/1985 **Gender:** MALE **MRN:** 1199 **AGE:** 35 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: (R) foot pain

HISTORY OF PRESENT ILLNESS: Moved to Montgomery 2 weeks ago and the day after moving began to experience intense pain in (R) foot pain on the top of his foot and his great toe. Believes it may be gout. No history of gout in the past. Slight swelling. Is improving after he has been taking ibuprofen 400mg twice daily for the past week. He drinks about 2 beers a day and eats red meat. He was instructed by a friend to cut back on these things so he has recently done so. He reports the pain in his foot was so bad he could not wear a sock for a few days. Denies injury. No fever.

VITALS: BP: 110/69 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 71; **Temp:** 97.9; **Resp:** 12; **Ht:** 70.6 in.; **Wt:** 226.4 lbs.; **BMI:** 31.93; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Seasonal allergies. Headaches. Chicken pox; shingles in Jan 2020.

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Drinks about 2 beers a day 5 out of 7 days average. Denies smoking or illicit drug use.

FAMILY HISTORY: Mother- arthritis. Grandmother- arthritis.

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.

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.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally. + able to bear full weight on right foot. + FROM right foot, ankle, toes. No erythema, warmth, or tenderness to palpation right foot.

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:

URIC ACID (1 unit(s)): Quest Diagnostics
Decadron 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection
Toradal 60mg/2ml (1 unit(s)): Injection

Auburn Montgomery Student Health Services

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

Date: 08/28/20

PATIENT: CUBA, NICHOLAS **DOB:** 07/16/1985 **Gender:** MALE **MRN:** 1199 **AGE:** 35 Years

RESULTS:

Decadron 4mg/ml:

Site Given: Right Gluteus Maximus

Dosage Given: 1 unit(s)

Administered By: Havard, Jyssica - MA

Depo-Medrol 40mg/ml:

Site Given: Right Gluteus Maximus

Dosage Given: 1 unit(s)

Administered By: Havard, Jyssica - MA

ASSESSMENT:

M10.9 - GOUT, UNSPECIFIED (PRIMARY)

PLAN:

Steroid and toradol shot given in office. Rx for indocin. Decrease red meat and beer intake to help with gout like symptoms. Uric acid level pending.

PLAN:

indomethacin 50 mg capsule

Refills: 0 Qty: 30 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (50 MG) BY ORAL ROUTE 3 TIMES PER DAY WITH FOOD as needed for foot pain

Electronically signed by Lindsey Barton, CRNP on 08/28/20 5:23 PM

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