

Auburn Montgomery Warhawk Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 12/12/22

PATIENT: CUBA, NICHOLAS **DOB:** 07/16/1985 **Gender:** MALE **MRN:** 1199 **AGE:** 37 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: panic attacks

HISTORY OF PRESENT ILLNESS: Mr. Cuba is a 37 yo male here today for panic attacks and anxiety with public speaking and job interviews. He denies having anxiety on a regular basis and denies depression. He has never tried anything for anxiety in the past. He reports associated symptoms of heart racing during the event and migraines afterwards that have lasted up to 2 weeks. He reports he speaks about 1 x per year.

VITALS: BP: 132/84 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 88; **Temp:** 98; **Resp:** 16; **Ht:** 71 in.; **Wt:** 232.2 lbs.;
BMI: 32.38; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Seasonal allergies. Headaches. Chicken pox; shingles in Jan 2020. GOUT. performance anxiety (public speaking).

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Drinks about 2 beers a day 5 out of 7 days average. Denies smoking or illicit drug use. Does not exercise.

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

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.

ASSESSMENT:

F41.8 - OTHER SPECIFIED ANXIETY DISORDERS (PRIMARY)

PLAN:

Take propranolol 30 min to 1 hr prior to public speaking event or interview. Follow up as needed.

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propranolol 10 mg tablet

Refills: 0 Qty: 10 TABLET(S)

Instructions: TAKE 1 tablet 30 min to 1 hr prior to public speaking.

Electronically signed by Lindsey Barton, CRNP on 12/12/22 10:17 AM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style. The "J" is large and loops around the first part of the name. "Barton" is written in a standard cursive, and "CRNP" is written in a slightly more upright, blocky cursive style at the end of the line.