

**Auburn Montgomery Student Health Services**

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

**Date:** 05/24/22

**PATIENT:** SIQUEIRA, FLAVIA **DOB:** 04/03/1982 **Gender:** FEMALE **MRN:** 1260 **AGE:** 40 Years

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** fear of flying and upcoming travel

**HISTORY OF PRESENT ILLNESS:** Ms. Siqueira is a 40 yo female here today for anxiety related to upcoming travel. She has a fear of flying. She has to get on multiple flights over the next month for work. She has been prescribed xanax in the past for the same issue to take prior to flights. She is requesting medication for her anxiety.

**VITALS:** BP: 112/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 85; **Temp:** 98.8; **Resp:** 16; **Ht:** 69 in.; **Wt:** 154.8 lbs.; **BMI:** 22.86; **Pulse Oximetry:** 100%

**ALLERGIES:** morphine

**MEDICATIONS:**

Depo-Provera 150 mg/mL intramuscular suspension  
Naprosyn 500 mg tablet (1 tablet every 8 hrs as needed)  
methocarbamol 750 mg tablet (1 tablet every 8 hrs as needed)

**PAST MEDICAL HISTORY:** seasonal allergies, heart murmur

**PAST SURGICAL HISTORY:** left ankle, right knee, back fusion

**SOCIAL HISTORY:** Women's volleyball coach at AUM. Identifies as lesbian. Drinks wine socially. Denies smoking or illicit drug use.

**FAMILY HISTORY:** Mother- heart disease, HTN; Father- CVA. Brother- heart disease; maternal grandfather- heart disease.

**HEALTH MX HISTORY:** Last pap smear- August 2019

**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

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.

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**ASSESSMENT:**

F40.243 - Fear of flying (PRIMARY)  
F41.8 - Other specified anxiety disorders

**PLAN:**

Vistaril 1-2 capsules 30 min to 1 hr prior to flight for anxiety related to fear of flying. She recently had right shoulder surgery. She is prescribed robaxin and naprosyn. She was instructed to avoid taking robaxin and vistaril at the same time due to increased risk for respiratory depression. She reports she is only on the robaxin for 8 more days for her shoulder. She verbalized understanding to only take them 8 hrs apart if robaxin is even needed at this point. Follow up as needed.

Vistaril 25 mg capsule  
Refills: 0 Qty: 30 CAPSULE(S)  
Instructions: TAKE 1 - 2 capsules PO every 8 hrs as needed for anxiety.

Electronically signed by Lindsey Barton, CRNP on 05/24/22 4:29 PM

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