

Auburn Montgomery Student Health Services

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

Date: 07/28/22

PATIENT: MANN, RACHAEL **DOB:** 06/23/1983 **Gender:** FEMALE **MRN:** 1279 **AGE:** 39 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Bp log

HISTORY OF PRESENT ILLNESS: Mrs. Mann is a 39 yo female here today for BP recheck. She brought in her log. BP 150/105, 154/100, 132/82, 137/82, 144/85, 143/91, 128/79, 144/89/ 137/90, 145/84, 152/85, 138/83, 139/87.

She felt bad on Tuesday of this week, but otherwise no headaches, dizziness, chest pain, or SOB. Occasionally reports swelling in her legs.

VITALS: BP: 162/95 Site: RIGHT ARM Position: SITTING Pulse: 77 BP2: 176/98 Site2: LEFT ARM Position2: SITTING; Temp: 98.2; Resp: 16; Ht: 66 in.; Wt: 248.3 lbs.; BMI: 40.07; Pulse Oximetry: 99%; FDLMP: 07/11/22

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Pregnancy induced HTN, mono, pregnancy, chicken pox, white coat syndrome.

PAST SURGICAL HISTORY: C-section x 2

SOCIAL HISTORY: Married. Vapes daily. Denies alcohol or illicit drug use.

FAMILY HISTORY: Mother: hypertension Father: Hypertension; Lupus

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.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

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.

ORDERS:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
EKG (1 unit(s)): Office Procedure

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ASSESSMENT:

I10 - ESSENTIAL (PRIMARY) HYPERTENSION (PRIMARY)

PLAN:

EKG- NSR at 76 BPM with no ischemic changes. Start HCTZ once daily. Recommended 2gm low sodium diet daily. Follow up in 1 month with BP log for recheck.

Referral: MCA for 2D Echo

Instructions: 2D Echo.

hydrochlorothiazide 12.5 mg tablet

Refills: 1 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (12.5 MG) BY ORAL ROUTE ONCE DAILY for HTN

Electronically signed by Lindsey Barton, CRNP on 07/28/22 4:40 PM

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