

Auburn Montgomery Warhawk Health Services

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

Date: 06/18/24

PATIENT: WHITE, CHRISTOPHER **DOB:** 10/22/1979 **Gender:** MALE **MRN:** 1346 **AGE:** 44 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Left elbow, thumb, and hand nerve pain since last night.

HISTORY OF PRESENT ILLNESS: Mr. White is a 44 yo male here today for left thumb, hand, and elbow nerve pain since last night. He states he had shingles on his thumb about 10 years ago and had the same pain then that he does now. Denies a rash, but is worried the rash is coming. Denies injury, heavy lifting, or neck pain.

VITALS: BP: 137/82 **Pulse:** 64; **Temp:** 96.8; **Resp:** 16; **Ht:** 74 in.; **Wt:** 237 lbs.; **BMI:** 30.42; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Shingles

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Married w/ children. Works on campus. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY: Father- heart disease. Sister-diabetes.

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+ Bilateral radial pulses. Bilateral hand grasp strong and equal 5/5. +FROM of left thumb, wrist, and elbow.

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:

R20.2 - Paresthesia of skin (PRIMARY)

PLAN:

Will empirically treat for shingles with Rx as per below. Follow up in 2-3 days if no improvement or worsening symptoms.

ketorolac 10 mg tablet
Refills: 0 Qty: 20 TABLET(S)

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Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE EVERY 6 HOURS AS NEEDED FOR PAIN FOR UP TO 5 DAYS TOTAL USE

valacyclovir 1 gram tablet

Refills: 0 Qty: 21 TABLET(S)

Instructions: TAKE 1 TABLET (1,000 MG) BY ORAL ROUTE EVERY 8 HOURS

Electronically signed by Lindsey Barton, CRNP on 06/19/24 6:40 PM

L. Barton, DNP, CRNP