

Auburn Montgomery Warhawk Health Services

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

Date: 10/14/22

PATIENT: SMITH, FREDDIE **DOB:** 01/25/1977 **Gender:** MALE **MRN:** 1448 **AGE:** 45 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Refill Lexapro

HISTORY OF PRESENT ILLNESS: Mr. Smith is a 45 yo male here today for refill of lexapro. He reports his PCP at Vaughn Urgent Care started him on it in December 2020 for situational anxiety and depression. He is doing great on it. No side effects. Denies SI/HI. He reports his PCP wants to see him every 3 months for a refill and it's hard to get by there that often.

He also would like his PSA checked due to his age. Denies symptoms or family history of prostate cancer.

He also c/o low back pain radiating down his right leg at times since a fall off a bar stool in June. He landed on a guitar. He has tried ibuprofen otc with some relief. He is a physical therapist so he has done some exercises and stretches as well. He has been prescribed ultram in the past for it and inquires on a refill? He has not had any imaging for his symptoms. Denies pain today. He states occasionally his right lower back muscles get tight. He has considered going to a chiropractor as well.

VITALS: BP: 128/86 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 55; **Temp:** 97.9; **Resp:** 16; **Ht:** 71 in.; **Wt:** 214.3 lbs.; **BMI:** 29.88; **Pulse Oximetry:** 99%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Uloric 40 mg tablet (TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY for gout prevention)
indomethacin 50 mg capsule (TAKE 1 CAPSULE (50 MG) BY ORAL ROUTE 3 TIMES PER DAY WITH FOOD AS NEEDED FOR GOUT FLARE UP)

PAST MEDICAL HISTORY: Gout, anxiety/depression.

PAST SURGICAL HISTORY: 2 left foot surgeries and esophageal dilatation.

SOCIAL HISTORY: Married. Wife is employed here at AUM. He owns lawncare business and is a Physical therapist. Drinks alcohol socially. Denies smoking or illicit drug use.

FAMILY HISTORY: Father- deceased from MVA in his 40s. Mother- diabetes, gout. Grandparents- colon cancer, diabetes, heart disease, HTN, high cholesterol, and sudden cardiac arrest.

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. No vertebral point

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tenderness. + FROM complete spine. Negative SLR bilaterally. brisk bilateral patellar reflexes.

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:

PSA, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics

ASSESSMENT:

F41.1 - Generalized anxiety disorder (PRIMARY)

F32.A - Depression, unspecified

M54.41 - Lumbago with sciatica, right side

Z12.5 - ECTR FOR SCREEN FOR MALIG NEOPLASM OF PROSTATE

PLAN:

Continue lexapro at current dose. Given Rx for ketorolac prn for back pain. Recommended lumbar x-ray but he declines at this time. Continue spinal exercises and heating pad as needed. Follow up in 6 months for recheck or sooner if needed.

Lexapro 5 mg tablet

Refills: 1 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY

ketorolac 10 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE EVERY 8 HOURS AS NEEDED for low back pain

Electronically signed by Lindsey Barton, CRNP on 10/14/22 4:56 PM



J. Barton, CRNP