

Auburn Montgomery Student Health Services

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

Date: 01/19/21

PATIENT: PANDE, SAMEER **DOB:** 02/04/1974 **Gender:** MALE **MRN:** 1454 **AGE:** 46 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Shoulder pain

HISTORY OF PRESENT ILLNESS: (L) shoulder pain for about 4 days. Occurred after walking on Friday. Has contacted his PCP but was anxious and requested an EKG. He is concerned it could be his heart. Denies chest pain, SOB, fatigue, or palpitations. Denies left shoulder injury or recent heavy lifting. He only wants an EKG. He declines any further testing as he will follow up with his PCP if it is not heart related.

VITALS: BP: 118/88 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 58; **Ht:** 70 in.; **Wt:** 160 lbs.; **BMI:** 22.95

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

vitamin B12 1,000 mcg-folic acid 400 mcg sublingual lozenge
vitamin D3 5,000 unit-folic acid 1 mg tablet

PAST MEDICAL HISTORY: High cholesterol (diet controlled). low levels of Vitamins B and D.

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Works on campus at AUM.

FAMILY HISTORY:

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. 2+ bilateral radial pulses. Bilateral hand grasp strong and equal 5/5. + Reproducible tenderness to palpation left AC joint. + FROM left shoulder. Negative empty can test. Negative external rotation.

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:

EKG (1 unit(s)): Office Procedure

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ASSESSMENT:

M79.602 - PAIN IN LEFT ARM (PRIMARY)

PLAN:

EKG- Sinus Bradycardia at 55 BPM with no ischemic changes.

Pain most likely musculoskeletal vs bony pain in left AC joint. Recommended heat, rest, NSAIDs, follow up with his PCP. Reassurance provided that he would have EKG changes by now if it were cardiac related as his symptoms have been ongoing for 4 days now. No CP, SOB, fatigue, or palpitations. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 01/20/21 10:05 PM

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