

Auburn Montgomery Warhawk Health Services

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

Date: 04/25/24

PATIENT: MARZETTE, DAEDRA **DOB:** 09/12/1992 **Gender:** FEMALE **MRN:** 1495 **AGE:** 31 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: anxiety

HISTORY OF PRESENT ILLNESS: Mrs. Marzette is a 31 yo female here today for anxiety. She states she has had anxiety associated w/ her periods for several years now, but she feels like it is getting worse. Most months she has a cycle twice a month so she feels like there is only a 1 week period where she doesn't feel anxious. Sometimes the anxiety is before her cycle, sometimes it occurs during, and sometimes afterwards. She is having panic attacks where she wakes up 3 times in the middle of the night. Denies depression but does find herself crying alot lately. She reports feeling like her heart is racing at times when she is anxious, but when she checks her heart rate is normal. Denies SI/HI. She spoke to her GYN and they tried some homeopathic remedies, but they didn't help much. She would like to discuss medication options.

VITALS: BP: 136/79 **Pulse:** 76; **Temp:** 98.6; **Resp:** 16; **Ht:** 71 in.; **Wt:** 402 lbs.; **BMI:** 56.06; **Pulse Oximetry:** 99%;
FDLMP: 04/18/24

ALLERGIES: Augmentin (Acute vomiting); Lortab; Macrobid

MEDICATIONS:

Mounjaro 5 mg/0.5 mL subcutaneous pen injector (once weekly)
Singulair 10 mg tablet (1 tablet PO once daily)
hydrochlorothiazide 25 mg tablet (every other day)
lisinopril 40 mg tablet (1 tablet daily)

PAST MEDICAL HISTORY: PCOS, HTN, sinus infections, UTIs, Anxiety r/t menstrual cycles.

PAST SURGICAL HISTORY: tonsils and adenoids

SOCIAL HISTORY: Married, works on campus. Denies smoking or illicit drug use. Drinks alcohol socially.

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

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: Tearful.

ASSESSMENT:

Auburn Montgomery Warhawk Health Services

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

Date: 04/25/24

PATIENT: MARZETTE, DAEDRA **DOB:** 09/12/1992 **Gender:** FEMALE **MRN:** 1495 **AGE:** 31 Years

F41.1 - Generalized anxiety disorder (PRIMARY)
N94.3 - Premenstrual tension syndrome

PLAN:

PHQ-9 score = 6, GAD-7 = 16. Start zoloft once daily. Add buspar as needed for panic attacks. Follow up in 1 month for recheck or sooner if needed.

Zoloft 50 mg tablet

Refills: 1 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (50 MG) BY ORAL ROUTE ONCE DAILY

buspirone 5 mg tablet

Refills: 0 Qty: 10 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE 2 TIMES PER DAY as needed for panic attacks.

Electronically signed by Lindsey Barton, CRNP on 04/25/24 9:55 AM

L Barton, CRNP