

Auburn Montgomery Student Health Services

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

Date: 05/13/22

PATIENT: ADKINS, DARLENE **DOB:** 05/06/1965 **Gender:** FEMALE **MRN:** 1674 **AGE:** 57 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Healthy Tigers

HISTORY OF PRESENT ILLNESS: Pt is here for healthy tigers physical. Denies any current problems. Sees Ortho (Dr. Hester at SOS) for chronic knee pain. Takes only vitamins for daily medications. Hx of DMs, reports no longer treated for diabetes.

VITALS: BP: 110/77 **Pulse:** 91; **Temp:** 95.5; **Resp:** 16; **Ht:** 69.5 in.; **Wt:** 184.8 lbs.; **BMI:** 26.89; **Pulse Oximetry:** 99%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Multivitamin 50 Plus tablet

PAST MEDICAL HISTORY: Diabetes-no longer considered diabetic, knee pain

PAST SURGICAL HISTORY: gallbladder removal, gastric bypass, hand sx with screw placement, bilateral knee scope, tubal ligation

SOCIAL HISTORY: Current 1/2 PPD tobacco smoker, denies ETOH or drug use. COVID vaccinated with booster, works on campus

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 peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No

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.

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ORDERS:

LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics
Glucose (1 unit(s)): In-House Lab

RESULTS:

Glucose:
Value: 103
Comment: hx of diabetes

ASSESSMENT:

Z00.00 - ENCNT FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)
Z13.220 - ENCOUNTER FOR SCREENING FOR LIPOID DISORDERS
E66.3 - OVERWEIGHT
Z13.1 - ENCOUNTER FOR SCREENING FOR DIABETES MELLITUS

PLAN:

Normal Exam. Glucose 103, advised to see PCP or us in the future for A1C since hx of diabetes. Pt is fasting for labs. Pt agrees.

Electronically signed by Maranda Fain, CRNP on 05/13/22 8:36 AM

M. Fain, CRNP