

Auburn Montgomery Warhawk Health Services

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

Date: 07/05/23

PATIENT: GRIFFIN, KAREN **DOB:** 07/26/1961 **Gender:** FEMALE **MRN:** 180 **AGE:** 61 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Medication refill

HISTORY OF PRESENT ILLNESS: Mrs. Griffin is a 61 yo female here today for refill of synthroid. She is changing to a different PCP and they have pushed her appt back 2 weeks to July 18th. She doesn't have enough synthroid to get her to the appointment.

She has HTN. She has enough lisinopril until her appt. Her BP is elevated. She states she has White Coat Syndrome and gets very nervous when coming to the doctor's office. She checks her BP at home periodically and it ranges from 130s-140s/70s. She states she did take her BP med this morning.

VITALS: BP: 184/103 **Pulse:** 103; **Temp:** 98.6; **Resp:** 16; **Ht:** 63 in.; **Wt:** 209.3 lbs.; **BMI:** 37.07; **Pulse Oximetry:** 96%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Synthroid 150 mcg tablet
lisinopril 20 mg tablet

PAST MEDICAL HISTORY: HTN, Hypothyroidism,

PAST SURGICAL HISTORY: Tonsillectomy, C-section

SOCIAL HISTORY: Works part-time on campus in the ELC. Does not exercise regularly; Does not use tobacco; Does not use recreational drugs;

FAMILY HISTORY:

Mother: HTN
Father HTN
Sister: HTN breast cancer
Brother: HTN
Maternal grandmother: DM

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 carotid bruits noted. No peripheral edema bilateral lower extremities.

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

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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.

ASSESSMENT:

E03.9 - Hypothyroidism, unspecified (PRIMARY)

I10 - Essential (primary) hypertension

PLAN:

Follow up as needed.

Synthroid 150 mcg tablet

Refills: 0 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (150 MCG) BY ORAL ROUTE ONCE DAILY

Electronically signed by Lindsey Barton, CRNP on 07/05/23 11:22 AM

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