

Auburn Montgomery Student Health Services

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

Date: 07/27/17

PATIENT: GITTLESON, CHRISTOPHER **DOB:** 05/26/1995 **Gender:** MALE **MRN:** 220 **AGE:** 22 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Pt in for a Sport Physical for ROTC

Symptoms: States that when he has his blood pressure taken, it tends to be a little elevated.

Other: Denies any history of major accident or illness.

VITALS: BP: 140/75 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 82 **BP2:** 133/85 **Site2:** RIGHT ARM **Position2:** SITTING **Pulse2:** 84; **Temp:** 97.9; **Ht:** 74.6 in.; **Wt:** 194.3 lbs.; **BMI:** 24.54

PAST MEDICAL HISTORY: Concussion was minor

PAST SURGICAL HISTORY: (R) knee, arthroscopy

SOCIAL HISTORY: Lives alone; Does not use alcohol; Does not use tobacco;

FAMILY HISTORY: Father with history of: Deceased from car accident

HEALTH MX HISTORY: Exercises almost every day. No history of smoking

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All negative for fever, chills, nausea, vomiting, dizziness, fatigue, infertility, & malaise.

HEENT: All negative for cough, runny nose, congestion, sinus pain, earache, sore throat, bleeding gums, dysphagia, hearing loss, hoarseness, nose bleeds, tinnitus, & rhinorrhea.

EYES: All negative for blurred vision, cataracts, diplopia, dry eyes, drainage, glaucoma, headache, itching, pain, photophobia, and visual loss.

CARDIOLOGIC: All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope.

RESPIRATORY: All negative for cough, hemoptosis, orthopnea, shortness of breath, sputum, and wheeze.

GASTROINTESTINAL: All negative for abdominal pain, appetite loss, anorexia, belching, constipation, diarrhea, flatulence, heartburn, hematchezia, hematemesis, indigestion, mass, swelling and ulcers.

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins.

NEUROLOGIC: All negative for headache, difficulty with vision, numbness in hands and feet, hot flashes, and night sweats.

PHYSICAL EXAMINATION:

GENERAL: Patient appears consistent with age, well developed/nourished, NAD, and alert and oriented x 3.

HEENT: EOMI, PERRLA, lids and conjunctivae appear normal, sclera white.

EARS: Ears appear normal. TM's intact and reflect NL. External auditory canal clear.

THROAT: Throat is clear, no tonsillar hypertrophy, and no exudates.

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NECK: Neck is supple, FROM, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR; No murmur

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales;

GENITOURINARY: Normal uncircumcised male, testes descended bilateral, no inguinal hernia palpated, no penile lesions noted, no urethral discharge noted, no scrotal or testicular mass, prostate firm without nodules. Prostate nontender, no urethral lesion, no hydrocele palpated, prostate normal size. **Testicular self exam taught.

MUSCULOSKELETAL: Gait Normal; No clubbing, cyanosis, or edema of lower extremities;

DERMATOLOGIC: Skin Temperature: Warm Dry;

NEUROLOGIC: Cranial Nerves Intact; No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate;

ORDERS:

UA (1 unit(s)): In-House Lab

RESULTS:

UA:

Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.015
Blood: Negative
pH: 5
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Negative

ASSESSMENT:

Z00.00 - ENCNT FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)
R03.0 - Elevated blood-pressure reading, without diagnosis of hypertension

PLAN:

Follow-up in 2 weeks for BP check.

Check BP at home qod and keep a log to bring to next appointment.

Electronically signed by Carol Stewart, NP on 07/27/17 4:13 PM

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