

Auburn Montgomery Student Health Services

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

Date: 08/04/21

PATIENT: SALLAS, DERIC **DOB:** 10/21/1988 **Gender:** MALE **MRN:** 227 **AGE:** 32 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Blood pressure issues

HISTORY OF PRESENT ILLNESS: Patient presents to clinic with complaints of blood pressure issues. Patient reports he can feel his heart beating at times but when he checks his pulse rate is always below 100. It typically runs between 70-85. He reports his BP is also up at times, but he is unable to tell me what it runs at home. He denies his heart skipping beats. He states just feels fast and he can feel it pulsating at times. He reports chest tightness for the past 4 days. Denies sob, dizziness, or sweating. He has a history of anxiety and depression. Anxiety seems to be more than the depression. He has a history of panic attacks but has not had one in the past 14-15 years. He has been going to counseling and cognitive therapy for the past 6 years. His PCP is Dr. Strickland. He has not seen him in over 3 years. He has never been on medication for his anxiety but it has been recommended by other providers in the past.

VITALS: BP: 131/83 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 108; **Temp:** 98.5; **Resp:** 16; **Ht:** 71 in.; **Wt:** 159.4 lbs.; **BMI:** 22.23; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: genetic retinal condition

PAST SURGICAL HISTORY: surgical repair of a Pilonidal cyst,

SOCIAL HISTORY: denies tobacco and illicit drug use; occasional alcohol use

FAMILY HISTORY: Mother- breast cancer; father- prediabetes; maternal grandmother-unknown heart condition on blood thinner medications.

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.

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

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

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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: + anxious mood and affect.

ORDERS:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics
EKG (1 unit(s)): Office Procedure

ASSESSMENT:

R07.9 - CHEST PAIN, UNSPECIFIED (PRIMARY)
R00.2 - PALPITATIONS
F41.9 - ANXIETY DISORDER, UNSPECIFIED

PLAN:

EKG- NSR at 89 BPM. No ischemic changes. Follow up with labs. He is nonfasting today. Most likely due to anxiety.
We discussed starting antidepressants. He will consider it. Continue counseling services as scheduled.

Electronically signed by Lindsey Barton, CRNP on 08/10/21 10:16 AM

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