

Auburn Montgomery Student Health Services

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

Date: 05/22/18

PATIENT: TYRE, BREANNA **DOB:** 11/25/1996 **Gender:** FEMALE **MRN:** 234 **AGE:** 21 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Wanting to see CRNP regarding medication refill. States she has been off of her medication for at least a month.

Context: Patient reports not having any medication x 3-4 weeks. Reports feeling anxious and depressed since being off medication. Feels angry and sad lately. Reports that her classes are going okay. Reports ongoing problems with sleep. Patient reports that she has 2 summer internships and taking 3 online classes. Patient says that she is at the "pitfalls of horribleness" in describing where she is at this point in time with regards to her schedule. She says that she will be off tomorrow so she can focus on planning her summer. Summer courses started last Thursday at AU.

ModFact: Patient reports thoughts of suicide x 2 days ago due to being sad and angry. Denies having a plan. Denies thoughts of suicide or homicide at this time. She reports that she wants to achieve but it is not coming fast enough.

Reports going to counseling in Auburn in March (last appointment). Has not been to counseling since. She did not connect with her therapist. She reports that she hated her therapist prior to most recent therapist. She reports that she has several strategies for stress relief--socialize, exercise, shop, skin care, spending time with family (mom and dad), etc. She reports that she has a flawless resume, great internships, achieves her goals, is active in her sorority, travels often, etc. She reports enjoying these activities but still feels sad on the inside. She is adamant on graduating next May. She says that if she does not graduate in May, she will cry and would not be able to stop. She says that changing her schedule is not an option because she must graduate in May. She reports joking with her friends on occasion about killing herself and then going to complete other tasks. She says joking about it is funny and is just what "her and her friends do".

VITALS: BP: 110/74 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 69; **Wt:** 144.7 lbs.; **FDLMP:** 05/07/18

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Lexapro 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY)

Prozac 20 mg capsule (TAKE 1 CAPSULE (20 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)

Prozac 40 mg capsule (TAKE 1 CAPSULE (40 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

HEENT: Normocephalic; Sclera White; Conjunctiva Clear;

NEUROLOGIC: No Focal Deficit; Cranial Nerves Intact; Gait and Station Normal;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

REVIEW: 25 minutes or more of this 40 minute visit were spent counseling the patient on attempting to identify the root cause of her sadness and anger. Discussed strategies to manage her tasks and improve sleep.

ASSESSMENT:

F33.1 - MAJOR DEPRESSIVE DISORDER, RECURRENT, MODERATE (PRIMARY)

F41.9 - ANXIETY DISORDER, UNSPECIFIED

PLAN:

Prozac 40 mg capsule

Refills: 1 Qty: 30 CAPSULE(S)

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Instructions: TAKE 1 CAPSULE (40 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING

Advised patient to call for refill when needed (Will be in California from end of June-August).

Advised to schedule counseling sessions ASAP.

Discussed strategies to manage schedule.

May use OTC melatonin to help with sleep.

RTC for follow-up prior to California.

Electronically signed by Melodye Harvey, CRNP on 05/23/18 1:37 PM