

Auburn Montgomery Student Health Services

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

Date: 06/21/18

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Here for follow up with CRNP.

Symptoms: Patient reports that everything is going well. Taking 3 online classes and 2 internships scheduled for the summer. Leaving for California on 6/29/18.

Context: Patient reports not sleeping well at night. Bedtime is about 1030p and wakes up around 2-3 am and is unable to get back to sleep. Patient reports that she goes to bed with her TV on but sets that sleep timer. Denies using electronic devices during bedtime.

Took Melatonin in the past that seemed to help with sleep.

Patient is working about 25 hours per week, going to school, and preparing for internship in California. Patient just returned from Arizona after attending a conference.

ModFact: Patient reports that she is worried about her classes, internship, plus all other activities that are related to school and social activities.

Other: Patient denies any suicidal or homicidal thoughts at this time. Denies seeking counselor since last visit.

VITALS: BP: 106/71 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 62

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;

NEUROLOGIC: No Focal Deficit; Gait and Station Normal;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3; Calm affect and attitude

ASSESSMENT:

F41.9 - ANXIETY DISORDER, UNSPECIFIED (PRIMARY)

F33.41 - MAJOR DEPRESSV DISORDER RECUR IN PARTIAL REMIS

G47.00 - INSOMNIA, UNSPECIFIED

PLAN:

Prozac 20 mg capsule

Refills: 1 Qty: 90 TABLET(S)

Instructions: TAKE 2 CAPSULES (40 MG) BY ORAL ROUTE DAILY IN THE MORNING AND 1 CAPSULE (20 MG) BY ORAL ROUTE IN THE AFTERNOON.

Sleep hygiene.

May use previous OTC sleep supplement (Melatonin) to help with sleep.

Recommend resuming counseling sessions.

RTC 6-8 weeks for recheck.

Auburn Montgomery Student Health Services

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

Date: 06/21/18

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

Electronically signed by Melodye Harvey, CRNP on 06/21/18 4:42 PM