

Auburn Montgomery Student Health Services

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

Date: 10/18/18

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: Wanting another medication for "intense" situations. Patient reports that she is really panicked lately. She is taking her medications but is overwhelmed with school. She reports difficulty focusing in school, decreased sleeping. Currently taking 18 credit hours, has duties as president of social organization, and has midterms, homework, etc. She reports feeling overwhelmed with everything.

Context: About 2 weeks ago she had a nose bleed that occurred due to a panic attack.

ModFact: Patient reports that she has difficult staying asleep x the past 4-6 months. She says that her mind is constantly racing. She reports that she does not have the TV on or use electronic devices when she is trying to sleep.

Other: Patient reports having a "intense" moment on Sunday. She reports waking up and vomiting due to having 2 midterms on Monday and having to drive to Birmingham for an internship on Tuesday, and another midterm yesterday. She went to the doctor who told her that she needed to go home and rest. Patient admits that she has several daily tasks that she must complete. She does have a calendar that keeps her organized. She checks off each task as she completes them.

Patient reports that she is attending therapy sessions every other week.

VITALS: BP: 105/70 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 59

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

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;

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

ASSESSMENT:

F41.9 - ANXIETY DISORDER, UNSPECIFIED (PRIMARY)

G47.00 - INSOMNIA, UNSPECIFIED

PLAN:

Increase Prozac to 80 mg per day---40 mg in the morning and 40 mg in the afternoon/evening.

fluoxetine 40 mg capsule

Refills: 1 Qty: 60 CAPSULE(S)

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

trazodone 50 mg tablet

Refills: 0 Qty: 30 TABLET(S)

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Instructions: TAKE 1 TABLET (50 MG) BY ORAL ROUTE ONCE DAILY AT BEDTIME

Sleep hygiene.

Continue with therapy sessions.

RTC in 1 month for f/u or sooner if needed.

Electronically signed by Melodye Harvey, CRNP on 10/18/18 2:03 PM