

Auburn Montgomery Student Health Services

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

Date: 08/16/17

PATIENT: HOGAN, FRANCIS **DOB:** 04/18/1995 **Gender:** **MRN:** 240 **AGE:** 22 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Ezcema and anxiety.

Symptoms: Panic attack about 1 time a week or more, Heart racing, difficulty breathing, lightheaded. Not in a particularly stressful situation when it happens.

Severity: Anxiety has gotten worse over time.

Duration: For a year.

ModFact: Notices attacks can be provoked by caffeine or alcohol.

Other: Has not seen a doctor for symptoms.

VITALS: BP: 111/77 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 75; **Ht:** 68.6 in.; **Wt:** 139.8 lbs.; **BMI:** 20.88; **FDLMP:** 08/08/17

ALLERGIES: Latex, Natural Rubber; Sulfa (Sulfonamide Antibiotics)

MEDICATIONS:

Beyaz (28) 3 mg-0.02 mg-0.451 mg (24)/0.451 mg (4) tablet

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.

BREAST: All negative for discharge or mass.

PELVIC: All negative for vaginal discharge, abnormal periods, painful sex, vaginal masses, leaking urine, pain, hemorrhoids, abnormal bleeding, itching, odor, and cramps.

PSYCHIATRIC: Has episodes of anxiety that she refers to as "panic attacks". States she has had them for "years" but have become more frequent recently. She describes some episodes and noticing the heart racing first and then the onset of the anxiety. Other time, it's the opposite. Denies diaphorisis. States the episodes last from 10 to 30 minutes and then resolve.

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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.

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

CARDIOVASCULAR: HRRR;

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales;

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:

COMP METABOLIC 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

VITAMIN B12 (QUEST) (1 unit(s)): Quest Diagnostics

BLOOD DRAW (1 unit(s)): In-House Lab

ASSESSMENT:

R53.83 - OTHER FATIGUE (PRIMARY)

F41.9 - ANXIETY DISORDER, UNSPECIFIED

PLAN:

triamcinolone acetonide 0.5 % topical cream

Refills: 0 Qty: 15 GRAM(S)

Instructions: APPLY A THIN LAYER TO THE AFFECTED AREA(S) BY TOPICAL ROUTE 2 TIMES PE

Refer to primary care provider at the University of Alabama Student Health Center for continued evaluation and treatment.

Will notify of lab results tomorrow

Electronically signed by Carol Stewart, NP on 08/17/17 4:04 PM

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