

Auburn Montgomery Student Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 06/17/22

PATIENT: COX, KELLY **DOB:** 01/16/1987 **Gender:** FEMALE **MRN:** 300 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Right Arm Pain

HISTORY OF PRESENT ILLNESS: Pt is a 35 YOF who comes in with right arm pain that started last Friday. No recent fall, injury, trauma, new exercise. She felt like she may of slept wrong, but the pain has continued despite NSAID use as needed for pain. She has pain in her upper arm above her elbow and down below her elbow. Described as an ache with radiation down to her fingers. Denies neck or back pain.

VITALS: BP: 149/89 **Pulse:** 108; **Temp:** 96.6; **Resp:** 16; **Ht:** 68 in.; **Wt:** 215.3 lbs.; **BMI:** 32.73; **Pulse Oximetry:** 99%; **FDLMP:** 06/17/22

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension (SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE once daily)

Imitrex 100 mg tablet

Norvasc 10 mg tablet

Tegretol XR 400 mg tablet,extended release

Wellbutrin XL 300 mg 24 hr tablet, extended release

Xanax 1 mg tablet

amitriptyline 150 mg tablet (100mg)

buspirone 30 mg tablet

erythromycin 5 mg/gram (0.5 %) eye ointment (APPLY 1 CM RIBBON INTO THE LOWER CONJUNCTIVAL SAC(S) IN THE AFFECTED EYE(S) BY OPHTHALMIC ROUTE 3 TIMES PER DAY FOR 7 DAYS)

tetracycline 250 mg capsule

PAST MEDICAL HISTORY: GAD; depression; chronic migraines (Dr. Hamp Greene) gets botox injections every 3 months.

FAMILY HISTORY:

Mother: 71 HTN, arthritis

Father: 69 HTN, arthritis

Older brother: age 43 no known health problems.

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.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

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MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT and radial pulses bilaterally; pain with palpation of upper right arm. no bruising or wounds present.

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: Appropriate mood and affect.

ASSESSMENT:

M79.601 - Pain in right arm (PRIMARY)

PLAN:

Advised heat for 10-15 minutes at a time as needed. Continue NSAID for another week. RX to pharm for muscle relaxer. Advised stretching exercises since it seems MSK in nature. If continues after 2 weeks of rest, heat, NSAID, muscle relaxer-pt will need to see PCP for referral for MRI and PT. Pt agrees. Advised to work on better sitting position at desk and posture. She agrees.

cyclobenzaprine 5 mg tablet

Refills: 0 Qty: 12 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE 3 TIMES PER DAY

Electronically signed by Maranda Fain, CRNP on 06/17/22 8:26 AM

M. Fain, CRNP