

Auburn Montgomery Student Health Services

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

Date: 01/05/18

PATIENT: RUSSELL, ANGELA **DOB:** 07/13/1989 **Gender:** FEMALE **MRN:** 326 **AGE:** 28 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Here for follow-up with CRNP.

Symptoms: Has a rash that is spreading on arms and legs. Itching, but anti-itch cream helps. Taking the vitamin D but still fatigued.

Location: Arms and legs

Duration: 2-3 weeks

VITALS: BP: 114/77 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 61

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

cholecalciferol (vitamin D3) 50,000 unit capsule (1 capsule by mouth weekly x 4 weeks)

PAST MEDICAL HISTORY: Optic neuritis, anxiety, Had an eating disorder in school. Weight dropped to 83 lbs.

PAST SURGICAL HISTORY: Shoulder surgery-- rotator cuff repair, frenectomy, migraines

SOCIAL HISTORY: Consumes alcohol. socially, There are no environmental risks involved at my home/job. Has Not been exposed to someone with TB. Has Not had excessive exposure to the sun. Exercises regularly; Is Not experiencing unusual stress. Lives alone; Single; Does not use recreational drugs; Does not use tobacco; Does wear a seat belt;

FAMILY HISTORY: Sister with history of: OCD & depression, IBS, Migraine headache. Mother with history of: CREST syndrome (auto immune dz) melanoma, migraines. Father with history of: HTN, anxiety, depression, Maternal Grandmother with history of: Deceased (breast CA). Maternal Grandfather with history of: DMII, colon cancer. Paternal Grandmother with history of: hyperlipademia, HTN, depression, Paternal Grandfather with history of: CHF, CABG. deceased

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.

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.

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PSYCHIATRIC: having anxiety attacks several times a week (forgot to tell me on previous visits). Was treated in the past with Paxil. She discontinued suddenly and had "terrible withdrawal symptoms"

PHYSICAL EXAMINATION:

GENERAL: Patient appears consistent with age, well developed/nourished, NAD, and alert and oriented x 3.

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

DERMATOLOGIC: Temperature: warm dry; normal turgor, no jaundice, no signs of infection, erythematous, plaque noted on left arm and lower leg bilaterally. No papules or pustules noted. Plaques vary in size

NEUROLOGIC: DTR's and +2/4 and bilaterally symmetric for upper and lower extremities. Cranial nerves grossly intact. No focal deficit.

PSYCHIATRIC: Alert and oriented x3; Mood and affect appropriate. Poor eye contact. Questionnaires: PHQ-9 score 13 (moderate depression); Hamilton score 22 (moderate/severe anxiety); Mood Check score 5 (not indicative of bipolar disorder).

ASSESSMENT:

F41.9 - ANXIETY DISORDER, UNSPECIFIED (PRIMARY)
F33.0 - MAJOR DEPRESSIVE DISORDER, RECURRENT, MILD
E55.9 - VITAMIN D DEFICIENCY, UNSPECIFIED
L30.9 - DERMATITIS, UNSPECIFIED

PLAN:

prednisone 5 mg tablet
Refills: 0 Qty: 1 TABLET(S)
Instructions: DISP 12 DAYS. TAKE AS DIRECTED ON PACKAGE

Celexa 20 mg tablet
Refills: 0 Qty: 30 CAPSULE(S)
Instructions: TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY

Follow-up in 2 weeks

Electronically signed by Carol Stewart, NP on 01/08/18 2:30 PM