

Auburn Montgomery Student Health Services

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

Date: 02/02/18

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.

VITALS: BP: 111/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 81; **Wt:** 124.1 lbs.

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Celexa 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)
cholecalciferol (vitamin D3) 50,000 unit capsule (1 capsule by mouth weekly x 4 weeks)
prednisone 5 mg tablet (DISP 12 DAYS. TAKE AS DIRECTED ON PACKAGE)
triamcinolone acetonide 0.1 % topical cream (APPLY BID TO AFFECTED AREA.)

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:

States anxiety has lessened but continues to experience most days.

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.

NOSE: Sinus nontender;

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;

PSYCHIATRIC: Alert and oriented x3; Mood and affect appropriate.

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ASSESSMENT:

F41.9 - Anxiety disorder, unspecified (PRIMARY)
F33.1 - Major depressive disorder, recurrent, moderate

PLAN:

Celexa 20 mg tablet
Refills: 0 Qty: 45 TABLET(S)
Instructions: TAKE 1 1/2 TABLET (30 MG) BY ORAL ROUTE ONCE DAILY

Will increase Celexa to 30 mg per day.

RTC in one month for recheck. Soon if needed.

Electronically signed by Carol Stewart, NP on 02/05/18 1:50 PM