

Auburn Montgomery Student Health Services

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

Date: 04/09/18

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: In for follow-up with CRNP.

VITALS: BP: 115/74 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 69; **Ht:** 66.2 in.; **Wt:** 124.9 lbs.; **BMI:** 20.03

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Celexa 40 mg tablet (TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY)
Wellbutrin XL 150 mg 24 hr tablet, extended release (TAKE 1 TABLET (150 MG) BY ORAL ROUTE ONCE DAILY)
Xanax 1 mg tablet (TAKE 1/2 (0.5mg) or 1 TABLET (1 MG) BY ORAL ROUTE 3 TIMES PER DAY Called into Walmart
Chantilly P.O. Dr. Pamela Tuck at 12:10 PM)
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:

CONSTITUTIONALS: All negative for fever, chills, nausea, vomiting, dizziness, fatigue, infertility, & malaise.

NEUROLOGIC: All negative for headache, difficulty with vision, numbness in hands and feet, hot flashes, and night sweats.

PSYCHOLOGICAL: States she is tolerating medication well. Symptoms of anxiety have decreased significantly. Continues to have panic attacks in some situations; especially crowded areas. Very concerned about number of people that will be present at two upcoming work related conferences.

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.

Auburn Montgomery Student Health Services

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

Date: 04/09/18

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

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;

ASSESSMENT:

F41.9 - ANXIETY DISORDER, UNSPECIFIED (PRIMARY)
F41.0 - PANIC DISORDER [EPISODIC PAROXYSMAL ANXIETY]
F33.0 - MAJOR DEPRESSIVE DISORDER, RECURRENT, MILD

PLAN:

Continue current dosages of medications.

Celexa 40 mg tablet

Refills: 3 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY

Xanax 1.0mg 1/2 to 1 tab tid prn. #20 No refills. PO Dr. Tuck. called into Walmart Chantilly pkwy

Electronically signed by Carol Stewart, NP on 04/10/18 1:15 PM