

Auburn Montgomery Student Health Services

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

Date: 04/23/18

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: 129/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 89; **Wt:** 125.2 lbs.

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,OCD, depression. Grandmother (maternal) died of Breast Ca in early 60's. Grandfather (maternal): colon ca, DMII, pacemaker. Grandfather (paternal) DMII, died of CHF at age 72. GGrandmother (paternal) anxiety, ? eating disorders.

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Constitutional

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.

PSYCHOLOGICAL: Doing well on current medication. Has only had a few slight episodes of anxiety.

PHYSICAL EXAMINATION:

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

ASSESSMENT:

F41.9 - Anxiety disorder, unspecified (PRIMARY)

F33.42 - Major depressive disorder, recurrent, in full remission

PLAN:

Will begin weaning Celexa: Decrease to 20 mg q d x 2 weeks then 10 mg x 2 weeks then 10mg qod x 2 weeks then d/c

(Will consider another SSRI (fluoxetine) due to risk of prolongation of QT interval)

Continue Wellbutrin xl 150.

RTC in 1 month and prn

Electronically signed by Carol Stewart, NP on 04/24/18 4:44 PM