

Auburn Montgomery Student Health Services

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

Date: 07/24/18

PATIENT: RUSSELL, ANGELA **DOB:** 07/13/1989 **Gender:** FEMALE **MRN:** 326 **AGE:** 29 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Here for follow up for the CRNP.

VITALS: BP: 119/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 69; **Wt:** 124.3 lbs.

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Celexa 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY Continue to wean as directed)
Celexa 40 mg tablet (TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY)
Prozac 40 mg capsule (TAKE 1 CAPSULE (40 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)
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)
fluoxetine 20 mg capsule (TAKE 1 CAPSULE (20 MG) BY ORAL ROUTE ONCE DAILY FOR 2 WEEKS THEN INCREASE TO 2 CAPSULES (40 MG) DAIL)
fluoxetine 40 mg capsule (TAKE 1 CAPSULE (40 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)
fluoxetine 60 mg tablet (TAKE 1 TABLET (60 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)
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 (2009), severe anxiety--first onset at approximately age twelve. Had eating disorder in high school/college with weight loss to 83 lbs. migraines. Raynaud's syndrome

PAST SURGICAL HISTORY: Shoulder surgery (2009) for rotator cuff tear. Wisdom teeth extraction

SOCIAL HISTORY: Does not use tobacco; Consumes alcohol. Frequency:rarely Has Not been exposed to someone with TB. Has Not had excessive exposure to the sun. Exercises regularly; Single; Does wear a seat belt;

FAMILY HISTORY:

Sister: age 31 OCD, Depression, IBS, migraines,
Mother: CREST syndrome, ? eating disorder during college, migraines
Father: HTN, anxiety OCD
Maternal Grandmother: Died of breast Ca 1995 at age 62,
Maternal Grandfather: age 94 and living. Colon cancer, DMII, pacemaker
Paternal Grandmother: 84 and living. panic attacks and depression, HTN, TIA's,
Paternal Grandfather: Died age 73 complications of surgery, CHF, stroke, HTN, DMII

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.

EYES: All negative for blurred vision, cataracts, diplopia, dry eyes, drainage, glaucoma, headache, itching, pain, photophobia, and visual loss.

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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.

Psychiatric: Continues to have episodes of anxiety but managing fairly well. Has appointment to see Kim Zimmerman at River Region psychiatry on July 31st.

PHYSICAL EXAMINATION:

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.

HEENT: EOMI, PERRLA, lids and conjunctivae appear normal, sclera white. EOMI, PERRLA, lids and conjunctivae appear normal, sclera white.

EARS: Ears appear normal. TM's intact and reflect NL. External auditory canal clear. 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. Throat is clear, no tonsillar hypertrophy, and no exudates.

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy. Neck is supple, FROM, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR; HRRR;

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales; 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)

PLAN:

Continue current treatment plan.

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Electronically signed by Carol Stewart, NP on 07/24/18 1:23 PM