

Auburn Montgomery Student Health Services

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

Date: 01/08/18

PATIENT: CONNER, JACOB **DOB:** 10/15/1988 **Gender:** **MRN:** 355 **AGE:** 29 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Pt her to see CRNP.

ModFact: Takes OTC allergy med loratidine PRN.

VITALS: BP: 124/80 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 95; **Ht:** 74.3 in.; **Wt:** 196.1 lbs.; **BMI:** 24.97

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: anxiety and depression

PAST SURGICAL HISTORY: Appendectomy age 19, hand surgery 2009

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. Does not exercise regularly; Is experiencing unusual stress. Does not live alone; Does not use recreational drugs; Does not use tobacco; Does wear a seat belt;

FAMILY HISTORY: Brother with history of: None Father with history of: Mother with history of: anxiety and depression, Maternal Grandmother with history of: unknown; Paternal Grandfather with history of: DMII Obesity, Paternal Grandmother with h1story of: unknown Father with history of: DMII, obesity.

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.

PSYCHIATRIC: Has been becoming very "blue" over the past few months. Was living in Denver Colorado and working for a corporate company. Did not like the setting and resigned. Has been unable to secure reliable work. Several months ago, he moved back to Alabama to be near family. He took a job in the public school system (Elmore County) teaching remedial courses. He was very unsatisfied with the work and believes it has caused him great stress. While in Denver, he considered suicide by consuming ETOH and medication but never acted on it. He says he continues to think about suicide from time to time but would not act on it. He recently resigned from his position at public school and has a job with an accounting firm that he likes very much. He is very resistant to describing himself as depressed (scored 27 on the

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PHQ-9 questionnaire). He also scored in the severe range for anxiety on the Hamilton questionnaire. both of these were administered about 3 weeks ago. He will complete the questionnaire today as well.

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: Nose appears normal. Septum without deviation, nasal mucosa moist and pink, no turbinate hypertrophy, sinus nontender

THROAT: Throat is clear, no tonsillar hypertrophy, and no exudates.

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

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

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

GASTROINTESTINAL: Abdomen soft, nondistended, nontender; no rebound rigidity or guarding; bowel sounds symmetric x4.

MUSCULOSKELETAL: Pulses equal and bilaterally symmetric; No clubbing, cyanosis, or edema; No CVA tenderness.

DERMATOLOGIC: Temperature: warm dry; normal turgor, no jaundice, no signs of infection, no rash or lesions noted.

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. Answers questions appropriately. Questionnaires: PHP-9 score 10 (moderate depression); Hamilton anxiety score 8 (mild anxiety) Mood Check score 5 (not indicative of bipolar disorder).

ORDERS:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics
BLOOD DRAW (1 unit(s)): In-House Lab

ASSESSMENT:

R53.83 - OTHER FATIGUE (PRIMARY)
G47.00 - INSOMNIA, UNSPECIFIED
F33.1 - Major depressive disorder, recurrent, moderate
F41.9 - Anxiety disorder, unspecified

PLAN:

Follow-up in 2 weeks and prn

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Encourage to attend counseling

If thoughts of suicide return RTC or call a friend or family member.

Electronically signed by Carol Stewart, NP on 01/08/18 1:54 PM