

Auburn Montgomery Warhawk Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 07/27/23

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** 4262 **AGE:** 50 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: BP refill

HISTORY OF PRESENT ILLNESS: Mrs. Reck is a 50 yo female here today for HTN. Her current PCP is Dr. Banach. She is looking to change PCPs. She is almost out of her BP medication and needs a refill in the interim. Her BP is high today. She states she is stressed out this week due to work etc. She can tell its high because she has a slight headache. She reports taking her medication this morning. She checks her BP occasionally at home and typically it ranges from 120s-140s/70s.

VITALS: BP: 177/113 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 95; **Temp:** 98.8; **Resp:** 16; **Ht:** 63 in.; **Wt:** 218.2 lbs.; **BMI:** 38.65; **Pulse Oximetry:** 100%; **FDLMP:** 07/18/23

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

diazepam 10 mg tablet (PRN)
ergocalciferol (vitamin D2) 1,250 mcg (50,000 unit) capsule
lisinopril 10 mg-hydrochlorothiazide 12.5 mg tablet (TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY)

PAST MEDICAL HISTORY: HTN, anxiety, insomnia, SAR.

PAST SURGICAL HISTORY: Tubal ligation,

FAMILY HISTORY:

Mother- died at 72 COPD
Father- died 76 colon cancer, HTN

HEALTH MX HISTORY:

Last colonoscopy Oct 2018
Last mammogram September 2018
Last pap- September 2022- reportedly normal

GYN- Brittany Mount, CRNP

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

GENERAL: GENERAL: No apparent distress noted; Well developed; Pleasant.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted. No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

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MUSCULOSKELETAL: Normal range of movement x 4 extremities

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics

ASSESSMENT:

I10 - ESSENTIAL (PRIMARY) HYPERTENSION (PRIMARY).

PLAN:

Follow up with lab results. Check BP twice daily x 1 week and send me a copy of BP log. She is agreeable. Continue meds as prescribed for now.

lisinopril 10 mg-hydrochlorothiazide 12.5 mg tablet

Refills: 0 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY

Electronically signed by Lindsey Barton, CRNP on 07/27/23 2:29 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.