

**Auburn Montgomery Student Health Services**

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

**Date:** 02/08/18

**PATIENT:** DESAI, SHRADDHA    **DOB:** 03/03/1998    **Gender:**    **MRN:** 435    **AGE:** 19 Years

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** headaches

Quality: feel like pressure from the back of her head to her eyes  
Duration: 3-4 days

**PAST MEDICAL HISTORY:** No past illnesses reported

**PAST SURGICAL HISTORY:** None

**SOCIAL HISTORY:** Denies alcohol use, tobacco use, or illicit drug use. Is not currently sexually active.

**FAMILY HISTORY:** No pertinent family history

**REVIEW OF SYSTEMS:**

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

HEENT: All negative for cough, runny nose, congestion, sinus pain, earache, sore throat, bleeding gums, dysphagia, hearing loss, hoarseness, nose bleeds, & rhinorrhea. Patient denies: Blurred vision, Photophobia,

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, hematochezia, hematemesis, indigestion, mass, swelling and ulcers.

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins.

NEUROLOGIC: Patient reports having a headache lasting 3-4 days now. Went to India 1 month ago and felt fine but headaches started back when she came back from India. Does not recall what type of pills she takes for her headache but says they work for about 3 days then the headache will come back. She states recurrent headaches started about a year ago. Has been in the United States for 1 month 8 days. She denies photophobia. She also denies aura or flashing lights. She states that the headaches come on at varying times during the day and resolve at varying times during the day. She does report increased stress levels with beginning studying in the US and with the change in lifestyle from what she was used to in India. Denies neck stiffness.

**PHYSICAL EXAMINATION:**

GENERAL: Patient appears consistent with age, well developed/nourished, NAD, and alert and oriented x3. cooperative

HEAD: Normocephalic, EOMI, PERRLA, lids and conjunctivae appear normal, sclera white, visual fields normal.

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

NECK: Neck is supple, no tracheal deviation, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR without murmur. no clicks, gallops or rubs. Heart sounds of normal intensity.

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**RESPIRATORY:** Lungs CTA; no rhonci wheeze or rales, breath sounds symmetric, no intercostals retractions, no nasal flaring, no chest wall tenderness, no dullness to percussion. No supra clavicular lymphadenopathy

**NEUROLOGIC:** DTR`s and +2/4 and bilaterally symmetric for upper and lower extremities. Cranial nerves grossly intact. No focal deficit. Patient answers questions appropriately, cognition intact.

**PSYCHIATRIC:** Alert and oriented x3; Mood and affect appropriate.

**ASSESSMENT:**

G44.209 - TENSION-TYPE HEADACHE UNSPECIFIED NOT INTRACT (PRIMARY)

**PLAN:**

- Increase water intake to 3 L/day
- Keep headache journal as provided
- Walk or exercise at least 10 minutes/day
- Organize school and daily activities as much as possible to prevent stress or exhaustion
- Continue taking over the counter meds for pain

Electronically signed by Carol Stewart, NP on 02/08/18 5:12 PM