

Auburn Montgomery Student Health Services

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

Date: 12/12/18

PATIENT: ALSHAGAA, NORA **DOB:** 03/16/1984 **Gender:** FEMALE **MRN:** 437 **AGE:** 34 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Needing a referral for physical therapy due to being in an accident last week--11/27/18--went to ED after MVA. Went to the ER last Thursday due to vomiting and passing out--12/6/18. ER wants her to follow-up with a specialist. Since last Thursday, she reports that her stomach is upset and she feels nausea. This started after eating mussels at Bone Fish grill. No vomiting since last

Thursday, but has been nauseated since last week. Last BM was yesterday with difficulty. She normally has 2 BMs per day. Patient is able to tolerate food and fluids but does feel nauseated after eating.

Symptoms: Has paperwork from ER.

ModFact: Taking pain medication as needed for pain R/T accident. Some medications upset her stomach.

Other: Patient reports going to see an orthopedist on 12/6/18 who recommended physical therapy x 2 weeks. First day of PT was today--Rehab Associates. Next PT appointment is 12/13/18.

VITALS: BP: 116/75 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 64; **Temp:** 97.4; **FDLMP:** 12/08/18

MEDICATIONS:

cyclobenzaprine 10 mg tablet (1 tablet by oral 3 times per day as needed)

ketorolac 10 mg tablet (1 tablet daily by mouth as needed)

tramadol 50 mg tablet (1 tablet daily by mouth as needed)

PAST MEDICAL HISTORY: NONE;

PAST SURGICAL HISTORY: Tonsillectomy;

SOCIAL HISTORY: Does not use alcohol; Does not live alone; Married; Does not use recreational drugs; Does not use tobacco; Does not exercise regularly;

FAMILY HISTORY: Patient has no known family history.

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient denies: Vomiting; Patient reports: nausea

GASTROINTESTINAL: Patient is positive for: abdominal pain,

MUSCULOSKELETAL: Patient is positive for: Joint pain, neck pain

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

HEENT: Normocephalic; Conjunctiva Clear; Sclera White; Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

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.

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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 and Nondistended; LLQ Abdominal Tenderness; Suprapubic Tenderness; Epigastric Abdominal Tenderness; Bowel Sounds Symmetric x4--hyperactive No Rebound Rigidity or Guarding; No Organomegaly;

MUSCULOSKELETAL: Full Range of Motion; except for left shoulder and neck--tenderness with palpation of left shoulder and cervical spine

NEUROLOGIC: No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

ORDERS:

UA (1 unit(s)): In-House Lab

RESULTS:

UA:

Appearance: Clear
Color: Yellow
Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.000
Blood: Negative
pH: 5
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Negative

ASSESSMENT:

V89.2XXA - PERSON INJ IN UNSP MOTOR-VEHICLE ACC TRAF INIT (PRIMARY)
R10.9 - UNSPECIFIED ABDOMINAL PAIN
M25.512 - PAIN IN LEFT SHOULDER
M54.2 - CERVICALGIA

PLAN:

ondansetron 4 mg disintegrating tablet
Refills: 0 Qty: 16 TABLET(S)
Instructions: TAKE 2 TABLETS (8 MG) AND PLACE ON TOP OF THE TONGUE WHERE THEY WILL DISSOLVE,
MAY REPEAT DOSE EVERY 8 HOURS AS NEEDED

Bland diet + clear liquids

Continue to take pain medication as prescribed by orthopedist.

Continue with PT as prescribed by orthopedist--Dr. Walcott

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Referral to PT.

RTC in the morning with urine sample.

RTC for pm

Electronically signed by Melodye Harvey, CRNP on 12/13/18 1:18 PM