

Auburn Montgomery Student Health Services

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

Date: 12/07/21

PATIENT: MUKUMBA, IRENE **DOB:** 05/30/1997 **Gender:** FEMALE **MRN:** 4721 **AGE:** 24 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: abdominal bloating/stomach noises

HISTORY OF PRESENT ILLNESS: Pt reports her stomach makes noises after she eats. She denies belching or gas. She has occasional constipation that is rare and not bothersome. She feels bloated at times, worse with her cycle. She denies N/V/D. She denies abdominal pain. She reports eating foods high in carbs and sodium as well as pre-packaged foods often.

VITALS: BP: 127/84 **Pulse:** 80; **Temp:** 97.2; **Resp:** 15; **Ht:** 62 in.; **Wt:** 119.3 lbs.; **BMI:** 21.82; **Pulse Oximetry:** 100%; **FDLMP:** 11/16/21

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: anemia

PAST SURGICAL HISTORY: tonsillectomy

SOCIAL HISTORY: Denies illicit drug, ETOH, tobacco abuse.

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.

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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

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.

ASSESSMENT:

R19.8 - Other specified symptoms and signs involving the digestive system and abdomen (PRIMARY)

K30 - Functional dyspepsia

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PLAN:

Pt reports abdominal noises after she eats. She denies pain, N/V/D, rare constipation reported. She denies belching. She feels this is abnormal. We will start Omeprazole to see if this is r/t to indigestion, although I reassured her the noises could be r/t digestion. I asked her to focus more on a healthy diet with fruits, vegetables, lean meats. She also mentioned acne. I asked her to make an appt for her acne. She agrees. I asked her to try avoid dairy and sugary foods to help with her acne. She agrees. I asked her to decrease her sodium intake and increase her water to help with bloating. she agrees. Return in 3 months for abdominal reassessment.

omeprazole 20 mg capsule, delayed release

Refills: 3 Qty: 30 TABLET(S)

Instructions: TAKE 1 CAPSULE (20 MG) BY ORAL ROUTE ONCE DAILY 30 MINUTES TO 1 HOUR BEFORE A MEAL

Electronically signed by Maranda Fain, CRNP on 12/07/21 1:34 PM

M. Fain, CRNP