

Auburn Montgomery Student Health Services

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

Date: 02/22/18

PATIENT: BENZ, LARYISSA **DOB:** 03/05/1964 **Gender:** **MRN:** 480 **AGE:** 53 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Palpitations

Symptoms: Feels as though heart is in her throat, and may have felt a little queasy while teaching class. Today seemed to bother her more than usual.

Duration: 2 years

Context: Current symptoms over the last 2 days.

ModFact: Feels tired at times. Teaching 3 classes. Had a long day yesterday from 0600 to 2100. Had a fainting feeling in November with cold sweats and weakness.

Other: Taking current medications x 5-6 years

Patient reports wearing a Holter monitor in November x 24 hours. EKG was normal but monitor revealed palpitations.

Has thyroid levels checked every 6 months. Last checked in November. Patient reports taking Armour instead of Nature-Throid x 4 weeks from mid-January to mid-February but is now back on Nature-Throid x 1 week.

Dr. Freeman is her PCP.

COMPLAINT 2: Back pain

Symptoms: Tension on the left side of her back intermittently

Duration: 6-7 months

ModFact: Last visit with PCP last November.

Cardiologist last visit 5 years ago due to cramping sensation that she felt after radiation treatment. Her PCP referred her to cardiology. She reports have EKG, ECHO--all was normal.

Other: Has history Breast Cancer, Surgery and Radiation--2010

VITALS: BP: 137/84 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 72

MEDICATIONS:

Nature-Throid 16.25 mg tablet

Synthroid 50 mcg tablet

PAST MEDICAL HISTORY: Pt has hypothyroidism

PAST SURGICAL HISTORY: Denies any surgical history

SOCIAL HISTORY: Not currently sexually active. Not using alcohol, tobacco or recreational drugs.

FAMILY HISTORY: Denies any relevant family history

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Nausea,

CARDIOLOGIC: Patient is positive for: palpitations,

PHYSICAL EXAMINATION:

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

HEENT: EOMI, PERRL, lids and conjunctivae appear normal, sclera white. Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

Auburn Montgomery Student Health Services

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

Date: 02/22/18

PATIENT: BENZ, LARYISSA **DOB:** 03/05/1964 **Gender:** **MRN:** 480 **AGE:** 53 Years

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. No thyromegaly;

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

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

MUSCULOSKELETAL: Full Range of Motion; Gait Normal;

NEUROLOGIC: No Focal Deficit; Gait and Station Normal;

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

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
VITAMIN D 25 - HYDROXY, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics

ASSESSMENT:

R53.83 - OTHER FATIGUE (PRIMARY)
R00.2 - Palpitations
Z86.39 - Personal history of other endocrine, nutritional and metabolic disease--hypothyroidism

PLAN:

F/U with PCP and cardiologist ASAP.

Will attempt to schedule an appointment with Dr. Wool and refer if needed.

Will notify patient of any abnormal lab results.

RTC pm

Electronically signed by Melodye Harvey, CRNP on 02/22/18 5:29 PM