

Auburn Montgomery Student Health Services

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

Date: 10/28/21

PATIENT: BREIRTMAN, MARIA **DOB:** 12/01/1983 **Gender:** FEMALE **MRN:** 4841 **AGE:** 37 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Healthy Tigers Physical

HISTORY OF PRESENT ILLNESS: Pt is a 37 YOF who has hx of c-section, polyp removal, varicose veins. She denies any complaints today. She is working as an educator on campus. She is vaccinated against COVID 19. Reports irregular cycles from IUD placed in July.

VITALS: BP: 106/55 **Pulse:** 95; **Temp:** 97.5; **Resp:** 16; **Ht:** 67 in.; **Wt:** 198.8 lbs.; **BMI:** 31.13; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: varicose veins, polyps

PAST SURGICAL HISTORY: C-section, polyp removal

SOCIAL HISTORY: She denies tobacco or recreational drug abuse. She does drink alcoholic beverages weekly.

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 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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

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:

TSH (QUEST) (1 unit(s)): Quest Diagnostics

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics

LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics

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ASSESSMENT:

Z00.00 - ENCNT FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)
Z83.49 - FAMILY HISTORY OF ENDO NUTRITIONAL AND METAB DIS
Z13.220 - ENCOUNTER FOR SCREENING FOR LIPOID DISORDERS
Z13.1 - ENCOUNTER FOR SCREENING FOR DIABETES MELLITUS

PLAN:

Pt here for healthy tigers, normal exam overall. Family history of thyroid disorder, requests TSH. Will also draw Lipid panel and CMP for healthy tigers form for insurance. Pt agrees. Will give results back when form is complete. Pt agrees.

Electronically signed by Maranda Fain, CRNP on 10/28/21 8:30 AM

M. Fain, CRNP