

Auburn Montgomery Student Health Services

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

Date: 01/06/22

PATIENT: BICKNELL, MIRANDA **DOB:** 03/25/1988 **Gender:** FEMALE **MRN:** 4876 **AGE:** 33 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: low back pain s/p MVC

HISTORY OF PRESENT ILLNESS: Ms. Bicknell is a 33 yo female here today for low back pain since yesterday afternoon. She was involved in a MVC in which she was rear ended. She was wearing her seatbelt and had no LOC. Pain is located to her left lower spine/sciatic area. Pain does not radiate and she denies numbness or tingling to lower extremities. She has not tried any otc meds for relief. She states her back feels tight and is worse with certain movements.

VITALS: BP: 113/72 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 78; **Temp:** 98.7; **Resp:** 16; **Ht:** 62 in.; **Wt:** 200 lbs.;
BMI: 36.58; **Pulse Oximetry:** 99%; **FDLMP:** 12/10/21

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Claritin 10 mg tablet (1 tablet daily.)

PAST MEDICAL HISTORY: heart murmur, first degree heart block, mitral valve regurgitation

PAST SURGICAL HISTORY: breast augmentation 2013

SOCIAL HISTORY: denies tobacco and illicit drug use; occasional alcohol use.

FAMILY HISTORY: HTN/CAD/MI- dad; COPD-mom and maternal grandfather; DM2- maternal grandfather; ETOH abuse-dad; hypothyroidism- sister; Rheumatoid arthritis- sister.

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.

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.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally. No vertebral point tenderness. FROM complete spine. Negative SLR bilaterally. Bilateral Patellar reflexes are brisk and equal.

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:

M54.50 - Low back pain, unspecified (PRIMARY)

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V87.7XXA - Person injured in collision between other specified motor vehicles (traffic), initial encounter

PLAN:

Recommended warm compresses. Spine exercises and antiinflammatories. Spine rest. No heavy lifting more than 10 lbs and limit squatting and bending. Follow up in 2 weeks if no improvement.

Duexis 800 mg-26.6 mg tablet

Refills: 1 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE 3 TIMES PER DAY as needed for pain

Electronically signed by Lindsey Barton, CRNP on 01/10/22 2:31 PM



J. Barton, CRNP