

Auburn Montgomery Student Health Services

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

Date: 09/23/21

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: yearly physical/ healthy tigers assessment

HISTORY OF PRESENT ILLNESS: PT is a 33 YOF who presents for yearly, routine physical exam. Hx of murmur and MR/PR. She has seen Dr. Flemming in the past. She has had GXT and Echo in the past, cleared from CV standpoint. No other PMH. Denies any symptoms today.

VITALS: BP: 113/69 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 64; **Temp:** 97.5; **Resp:** 20; **Ht:** 62 in.; **Wt:** 199.5 lbs.;
BMI: 36.48; **Pulse Oximetry:** 99%; **FDLMP:** 09/17/21

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.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; 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. No masses or organomegaly noted.

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.

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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
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
T4 FREE (QUEST) (1 unit(s)): Quest Diagnostics
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics

ASSESSMENT:

Z00.00 - ENCNTNR FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)
Z13.1 - ENCOUNTER FOR SCREENING FOR DIABETES MELLITUS
Z13.220 - ENCOUNTER FOR SCREENING FOR LIPOID DISORDERS
I34.0 - Nonrheumatic mitral (valve) insufficiency
R01.1 - Cardiac murmur, unspecified
Z83.3 - Family history of diabetes mellitus
Z82.49 - Family history of ischemic heart disease and other diseases of the circulatory system
Z83.49 - Family history of other endocrine, nutritional and metabolic diseases

PLAN:

Pt is a 33 YOF who comes in for routine physical. No complaints. Normal Exam. Family hx of DM, CAD, hypothyroidism. Will get routine labs as well as TSH/T4, A1C, Lipid Panel. She agrees. Follow up based on results. Healthy Tigers form pending labs.

Electronically signed by Maranda Fain, CRNP on 09/23/21 8:30 AM

M. Fain, CRNP