

Auburn Montgomery Student Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 05/17/22

PATIENT: KURSUN, OLCAY **DOB:** 04/24/1976 **Gender:** MALE **MRN:** 4900 **AGE:** 46 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Back Pain

HISTORY OF PRESENT ILLNESS: Pt is a 46 YOM who comes in with back pain. He reports the pain is chronic, and he was seen in Turkey years ago for it. He had normal XR and either CT or MRI at that time. This was 7-10 years ago. He reports having a benign cyst on his back for over 7 years that has not changed. He reports recent back pain that has gotten worse since last August after moving furniture. He has not tried OTC treatments. He feels it is radiating down his legs. He has a 4 year old son that he lifts often. He feels the pain is worse with leaning forward or sitting long periods at work. He feels it is better after a walk.

VITALS: **BP:** 130/81 **Pulse:** 95; **Temp:** 97.5; **Resp:** 17; **Ht:** 72 in.; **Wt:** 195.7 lbs.; **BMI:** 26.54; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Denies tobacco, ETOH, recreational drug 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 peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

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

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally
Positive straight leg raise on left side.

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:

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M54.40 - Lumbago with sciatica, unspecified side (PRIMARY)

PLAN:

Offered XR/other imaging as well as referral to PT. Offered referral for benign cyst to his back. Pt declines for now. Advised NSAIDs, muscle relaxer, and stretching his legs and lower back. Advised heating pad or warm bath as needed. If worse, will refer to PT and get imaging as well. Pt agrees.
Educated on reason for medications.

Duexis 800 mg-26.6 mg tablet

Refills: 2 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE 3 TIMES PER DAY

cyclobenzaprine 5 mg tablet

Refills: 0 Qty: 7 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE UP TO 3 TIMES PER DAY FOR BACK PAIN

Electronically signed by Maranda Fain, CRNP on 05/17/22 1:59 PM

Handwritten signature of M. Fain, CRNP in cursive script.