

Auburn Montgomery Student Health Services

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

Date: 01/21/22

PATIENT: BRONSON, DARRYL **DOB:** 05/02/1981 **Gender:** MALE **MRN:** 4961 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Multiple complaints

HISTORY OF PRESENT ILLNESS: Mr. Bronson is a 40 yo male here today for multiple issues but mainly bilateral leg pain. He has a history of low back pain w/ sciatica in the past. He had an MRI of his low back more than 10 years ago. Pain is worse in the mornings in his low back and radiates down to bilateral thighs. Pain is worse with movement. His legs feel heavy at times. He denies recent injury. Denies numbness or tingling.

He also has a large varicose vein in the back of his left knee that is causing him pain as well.

He c/o bilateral leg pain in general that has been ongoing for awhile now. He states his legs just feel heavy when he gets up.

He also c/o right arm pain and shoulder pain radiating down to his right 4th and 5th fingers w/ occasional associated numbness. Denies injury or neck pain at this time.

He has a history of diabetes. His former PCP in New York had him on metformin and lisinopril. He has not been on these medications since he moved here. His BP is elevated in office today. He states he has no history of HTN that he is aware of and that the lisinopril was to protect his kidneys.

VITALS: BP: 153/93 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 87; **Temp:** 97.7; **Resp:** 17; **Ht:** 70 in.; **Wt:** 369.2 lbs.; **BMI:** 52.97; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: T2DM, asthma, chronic low back pain, varicose veins left leg.

PAST SURGICAL HISTORY:

SOCIAL HISTORY: + smokes cigarettes for past 4 years. Drinks alcohol socially. Denies illicit drug use.

FAMILY HISTORY:

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 maxillary or frontal sinus tenderness. 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.

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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. Negative Homan's sign bilaterally. Large varicose vein to left posterior knee area extending up to posterior thigh.

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:

Diabetic Foot Exam (1 unit(s)): Office Procedure
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
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics
UA (1 unit(s)): In-House Lab
COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics (DELETED)
LIPID PANEL (QUEST) (1 unit(s)): Quest Diagnostics (DELETED)
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics (DELETED)
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics (DELETED)
HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics (DELETED)
ALBUMIN RANDOM URINE W/CREATININE (1 unit(s)): Quest Diagnostics

RESULTS:

UA:
Appearance: clear
Color: yellow
Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.015
Blood: Negative
pH: 6
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Positive
CS: no
Comments: leuk: trace

ASSESSMENT:

E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS (PRIMARY)
I10 - ESSENTIAL (PRIMARY) HYPERTENSION
M54.50 - LOW BACK PAIN, UNSPECIFIED
I83.92 - ASYMPTOMATIC VARICOSE VEINS OF LEFT LOWER EXTREM
E66.9 - OBESITY, UNSPECIFIED

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M79.604 - PAIN IN RIGHT LEG

M79.605 - PAIN IN LEFT LEG

PLAN:

Follow up on Monday for fasting labs. Robaxin as needed for low back pain w/ bilateral sciatica. Referral given for MRI L-spine. Heating pad as needed and rest.

Referral for arterial US to EMIC for bilateral lower extremity pain. Will need referral to vascular for large left LE varicose vein with pain.

methocarbamol 750 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (750 MG) BY ORAL ROUTE 3 TIMES PER DAY as needed for back spasms

Referral: EMIC, East Montgomery Imaging Center (Radiology)

No Special Instructions

Electronically signed by Lindsey Barton, CRNP on 01/21/22 4:56 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.