

Auburn Montgomery Warhawk Health Services

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

Date: 12/09/22

PATIENT: BRONSON, DARRYL **DOB:** 05/02/1981 **Gender:** MALE **MRN:** 4961 **AGE:** 41 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Hemorrhoids

HISTORY OF PRESENT ILLNESS: Mr. Bronson presents to the clinic with complaint of hemorrhoid pain x 1 day. He reports constipation started yesterday. He has been eating more cheese and dairy lately. Last BM was this am and was hard. He denied past history of hemorrhoids He denies rectal bleeding or blood in his stools. Pain scale 6/10. He denies abdominal pain.

VITALS: BP: 157/92 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 101; **Temp:** 97.9; **Resp:** 16; **Ht:** 71 in.; **Wt:** 366.2 lbs.; **BMI:** 51.07; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

ibuprofen 800 mg tablet (TAKE 1 TABLET (800 MG) BY ORAL ROUTE 3 TIMES PER DAY WITH FOOD as needed for pain.)

metformin 500 mg tablet (TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH MORNING ANDEVENING MEALS)

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.

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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Rectum- 1 small hemorrhoid noted at 6 o'clock with smear of soft fecal matter, no bleeding noted. Miranda Bicknell RN chaperoned

ASSESSMENT:

K64.9 - Unspecified hemorrhoids (PRIMARY)

PLAN:

Follow up in 2-3 days if symptoms worsen or do not improve. Recommended to avoid dairy/cheese and increase water intake. Avoid straining while having a BM. Purchase tuck pads OTC for rectal pain. Patient instructed to take Colace 1 capsule daily and progress up to 3 times per day every 8 hours if needed for constipation.

Colace 100 mg capsule

Refills: 0 Qty: 30 CAPSULE(S)

Instructions: TAKE 1 TO 3 CAPSULES DAILY BY ORAL ROUTE AS NEEDED FOR CONSTIPATION

Proctofoam HC 1 %-1 %

Refills: 1 Qty: 10 GRAM(S)

Instructions: Apply three times daily after bowel movements for external use only.

Electronically signed by Robin Blackwell, CRNP on 12/09/22 4:16 PM

Robin Blackwell CNP