

Auburn Montgomery Student Health Services

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

Date: 01/03/19

PATIENT: MITCHELL, DENNIS **DOB:** 01/01/1979 **Gender:** **MRN:** 497 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: PE for school.

Symptoms: Denies any symptoms or illnesses. Had a back injury in the past.

VITALS: BP: 146/98 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 72 **BP2:** 145/98 **Site2:** LEFT ARM **Position2:** SITTING **Pulse2:** 75; **Resp:** 12; **Ht:** 68 in.; **Wt:** 245.1 lbs.; **BMI:** 37.26

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Asthma; Back injury

PAST SURGICAL HISTORY: No prior surgical history;

SOCIAL HISTORY: Does not use tobacco; Does not use recreational drugs; Consumes alcohol--occasionally--liquor
Does not exercise regularly; Does not live alone; Married;

FAMILY HISTORY: Mother with history of: Diabetes, HTN; Father with history of: Diabetes

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All negative for fever, chills, nausea, vomiting, dizziness, fatigue, infertility, & malaise.

HEENT: All negative for cough, runny nose, congestion, sinus pain, earache, sore throat, bleeding gums, dysphagia, hearing loss, hoarseness, nose bleeds, tinnitus, & rhinorrhea.

EYES: All negative for blurred vision, cataracts, diplopia, dry eyes, drainage, glaucoma, headache, itching, pain, photophobia, and visual loss.

CARDIOLOGIC: All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope.

RESPIRATORY: All negative for cough, hemoptosis, orthopnea, shortness of breath, sputum, and wheeze.

GASTROINTESTINAL: All negative for abdominal pain, appetite loss, anorexia, belching, diarrhea, flatulence, heartburn, hematchezia, hematemesis, indigestion, mass, swelling and ulcers. Reports occasional constipation

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins. Previous back injury with middle back pain at times.

NEUROLOGIC: All negative for headache, difficulty with vision, numbness in hands and feet, hot flashes, and night sweats.

BREAST: All negative for discharge or mass.

PELVIC: All negative for vaginal discharge, abnormal periods, painful sex, vaginal masses, leaking urine, pain, hemorrhoids, abnormal bleeding, itching, odor, and cramps.

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Alert & Oriented x3; Appears Consistent with Age;

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HEENT: Normocephalic; EOMI; PERRLA; Fundi Benign; Eye Lid Normal; Conjunctiva Clear; Sclera White; Light Reflex Present; Airways patent; No cyanosis of lips or mucosa; Membranes moist; Gums pink; Tongue and uvula midline;

EARS: Ears appear normal. TM's intact and reflect NL. External auditory canal clear.

NOSE: Septum without Deviation; Clear rhinorrhea; Turbinate Hypertrophy on Left; Turbinate Hypertrophy on Right; Sinus nontender;

THROAT: Throat with mild erythema; No Tonsillar Hypertrophy; No exudates;

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

GASTROINTESTINAL: Abdomen soft, nondistended, nontender; no rebound rigidity or guarding; bowel sounds symmetric x4.

MUSCULOSKELETAL: Full Range of Motion; Pulses equal and bilaterally symmetric; Gait Normal; No Scoliosis; No Joint or Bony Abnormalities; No Muscle Tenderness; No clubbing, cyanosis, or edema of lower extremities;

DERMATOLOGIC: Temperature: warm dry; normal turgor, no jaundice, no signs of infection, no rash or lesions noted.

NEUROLOGIC: No Focal Deficit; Bicep DTR +2/4; Knee Jerk DTR +2/4; Romberg Negative; Gait and Station Normal; Cranial Nerves Intact;

PSYCHIATRIC: Mood and Affect Appropriate;

ORDERS:

UA (1 unit(s)): In-House Lab

RESULTS:

UA:

Appearance: Clear

Color: Yellow

Glucose: Negative

Bill: Negative

Ketones: Negative

Sp: 1.015

Blood: Negative

pH: 5

Protein: Negative

Urobilinogen: Negative

Nitrites: Negative

Leukocytes: Negative

ASSESSMENT:

Z00.01 - ECTR FOR GENERAL ADULT MEDICAL EXAM W AB FIND (PRIMARY)

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J30.9 - ALLERGIC RHINITIS, UNSPECIFIED
J45.909 - UNSPECIFIED ASTHMA, UNCOMPLICATED--history of
R03.0 - Elevated blood-pressure reading, without diagnosis of hypertension

PLAN:

ProAir HFA 90 mcg/actuation aerosol inhaler
Refills: 1 Qty: 1 INHALER(S)
Instructions: INHALE 2 PUFFS (180 MCG) BY INHALATION ROUTE EVERY 4-6 HOURS AS NEEDED

cetirizine 10 mg tablet
Refills: 2 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY

fluticasone 50 mcg/actuation nasal spray,suspension
Refills: 1 Qty: 1 BOTTLE(S)
Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE DAILY

Monitor BP at home and record. Take to PCP appointment once scheduled.

Call PCP office and schedule an appointment ASAP--information provided to patient.

RTC pm

Electronically signed by Melodye Harvey, CRNP on 01/03/19 1:34 PM