

**Auburn Montgomery Warhawk Health Services**

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

**Date:** 03/01/24

**PATIENT:** FAIN, MARANDA    **DOB:** 01/20/1989    **Gender:** FEMALE    **MRN:** 5020    **AGE:** 35 Years

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** Healthy Tigers

**HISTORY OF PRESENT ILLNESS:** Mrs. Fain is here today for a wellness exam and HT form. She c/o hair loss and fatigue recently, but has no other complaints. She is fasting today.

**VITALS:** BP: 118/70    **Site:** LEFT ARM    **Position:** SITTING    **Pulse:** 73;    **Temp:** 98.2;    **Resp:** 16;    **Ht:** 67 in.;    **Wt:** 150 lbs.;  
**BMI:** 23.49;    **Pulse Oximetry:** 98%

**ALLERGIES:** Augmentin ((Rash) or (C/O a rash))

**MEDICATIONS:**

Prenatal Vitamin 27 mg iron-0.8 mg tablet (daily)

ProAir HFA 90 mcg/actuation aerosol inhaler (INHALE 2 PUFFS (180 MCG) BY INHALATION ROUTE EVERY 4-6 HOURS AS NEEDED FOR SOB/WHEEZING)

**PAST MEDICAL HISTORY:** PCOS, ADHD, Left breast abscess in 2023 followed by breast specialist due to her family history of breast cancer.

**PAST SURGICAL HISTORY:** C-section, uterine ablation October 2023.

**SOCIAL HISTORY:** Married. 2 children. Drinks socially. Denies smoking or illicit drug use.

**FAMILY HISTORY:** Father- COPD; Mother- premenopausal breast cancer.

**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.

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.

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PSYCHIATRIC: Appropriate mood and affect.

**ORDERS:**

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  
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics  
VITAMIN B12 (QUEST) (1 unit(s)): Quest Diagnostics  
VITAMIN D 25 - HYDROXY, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics

**ASSESSMENT:**

Z00.00 - ENCNT FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)  
E28.2 - POLYCYSTIC OVARIAN SYNDROME  
R53.83 - OTHER FATIGUE  
L65.9 - NONSCARRING HAIR LOSS, UNSPECIFIED

**PLAN:**

Follow up with lab results. Follow up for yearly and as needed.

Electronically signed by Lindsey Barton, CRNP on 03/01/24 10:12 AM

L. Barton, CRNP