

Auburn Montgomery Student Health Services

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

Date: 01/07/22

PATIENT: MITCHELL, CAROLINE **DOB:** 09/07/1989 **Gender:** FEMALE **MRN:** 5072 **AGE:** 32 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Trenholm SON physical

HISTORY OF PRESENT ILLNESS: Pt is a 32 YOF who comes in for a physical. She had her wellness with her PCP in March. She has NKDA. She reports PMH of HTN with HCTZ prescribed. She has not taken her medication today.

VITALS: BP: 148/86 **Pulse:** 72; **Resp:** 20; **Ht:** 63 in.; **Wt:** 147 lbs.; **BMI:** 26.04; **Pulse Oximetry:** 98%; **FDLMP:** 12/18/21

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

hydrochlorothiazide 25 mg tablet (one tablet PO daily)

PAST MEDICAL HISTORY: HTN

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Denies tobacco, recreational drug, and ETOH abuse. Lives off campus.

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.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics

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TDap (1 unit(s)): Immunizations
TB test - IPPD (1 unit(s)): Injection
Immunization Injection Administration (1 unit(s)): Injection

ASSESSMENT:

Z00.00 - ENCENR FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)
Z11.1 - ENCOUNTER FOR SCREENING FOR RESP TUBRCLOSIS
Z23 - ENCOUNTER FOR IMMUNIZATION
I10 - Essential (primary) hypertension

PLAN:

Pt here today for SON physical. Doing well. Overall Normal Exam. She will return Monday for her TB skin test read. She agrees. CBC pending. TDAP today. Advised to take HCTZ medication as prescribed and to monitor her BP. Report elevated BP readings to her PCP. She agrees.

Electronically signed by Maranda Fain, CRNP on 01/07/22 3:46 PM

M. Fain, CRNP