

Auburn Montgomery Student Health Services

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

Date: 06/01/17

PATIENT: NETTLES, ASHANTIS **DOB:** 02/07/1996 **Gender:** **MRN:** 50 **AGE:** 21 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Went to Crossbridge and was taken off all medications except birth control. Wants to discuss getting back on her medications.

Symptoms: Yesterday felt like her blood pressure was high and blood sugar was low. Went home and took Nyquil and drank lots of water and went to sleep.

VITALS: BP: 128/90 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 90 **Large Cuff** ; **Temp:** 98.5; **Ht:** 71 in.; **Wt:** 312.1 lbs.; **BMI:** 43.52; **Pulse Oximetry:** 98%; **FDLMP:** 03/28/17

SOCIAL HISTORY:

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Pt states she has had a fever. All negative for fever, chills, nausea, vomiting, dizziness, fatigue, infertility, & malaise.

ENMT: Patient is positive for: congestion, runny nose, cough,

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

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

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

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

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins.

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

PHYSICAL EXAMINATION:

GENERAL: Patient appears consistent with age, well developed/nourished, NAD, and alert and oriented x 3.

HEENT: EOMI, PERRLA, lids and conjunctivae appear normal, sclera white.

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

NOSE: Sinus nontender;

THROAT: Throat is clear, no tonsillar hypertrophy, and no exudates.

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

CARDIOVASCULAR: HRRR;

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RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales;

PSYCHIATRIC: Alert and oriented x3; Mood and affect appropriate. Very concerned about being taken off of all meds when she was at Crossbridge (was admitted for 4 days in early May). Is not enrolled at AUM this semester and thinks she will transfer to a community college in the fall. She was prescribed Effexor XR upon release from Cross Bridge. However, she states she did not fill the RX due to cost (\$112/month). She continued to have conflicts with her ex-boyfriend. She states he tried to kill her by choking. He was arrested on an unrelated incident for armed robbery. He was tried and sentenced to 30 years in prison.
She is working 2 jobs this summer and doing fairly well emotionally.

ASSESSMENT:

F33.1 - MAJOR DEPRESSIVE DISORDER, RECURRENT, MODERATE (PRIMARY)
K05.00 - ACUTE GINGIVITIS, PLAQUE INDUCED
I10 - ESSENTIAL (PRIMARY) HYPERTENSION
Z30.8 - ENCOUNTER FOR OTHER CONTRACEPTIVE MANAGEMENT

PLAN:

clonidine HCl 0.1 mg tablet
Refills: 0 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (0.1 MG) BY ORAL ROUTE 1 TIME PER DAY

amoxicillin 500 mg tablet
Refills: 0 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE EVERY 12 HOURS

Pirmella 1 mg-35 mcg tablet
Refills: 1 Qty: 28 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY

Prozac 40 mg capsule
Refills: 0 Qty: 30 TABLET(S)
Instructions: TAKE 1 CAPSULE (40 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING

Check BP 2-3 times a week and log. Bring BP log to next appointment

Follow-up in 1 week

Electronically signed by Carol Stewart, NP on 06/01/17 10:58 AM