

**Auburn Montgomery Warhawk Health Services**

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

**Date:** 01/31/24

**PATIENT:** BAKER, CYNTHIA   **DOB:** 01/04/1965   **Gender:** FEMALE   **MRN:** 5272   **AGE:** 59 Years

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** Healthy Tigers Screening and other issues

**HISTORY OF PRESENT ILLNESS:** Ms. Baker is a 59 yo female here today for Healthy Tigers screening but she also has some other issues.

She has hypothyroidism and needs a refill of synthroid.

Her brother died on Christmas day from a PE. She is on Prozac 40mg daily but would like to increase it back to 60mg per day because she cries alot lately due to the grieving processes.

She also c/o right thumb pain over the past 3-4 days. Denies injury. She would like to know if she should take tylenol or ibuprofed for the pain?

She has a rash to both her shins that has been there for a few months and itches. She has been applying bacitracin with little relief.

She states she had a salivary gland inflamed a few weeks ago and it cause swelling under her chin. She had her dentist look at it afterwards but he didn't see any problems. Since this occurred she has a red line on her chin and she is concerned.

**VITALS:** BP: 172/101 **Pulse:** 61 **BP2:** 168/89 **Pulse2:** 59; **Temp:** 97.3; **Resp:** 16; **Ht:** 66 in.; **Wt:** 283.8 lbs.; **BMI:** 45.8; **Pulse Oximetry:** 97%

**ALLERGIES:** No Known Drug Allergies

**MEDICATIONS:**

fluoxetine 20 mg capsule (2 TABS PO ONCE DAILY (40MG))  
levothyroxine 137 mcg tablet (TAKE 1 TABLET (137 MCG) BY ORAL ROUTE ONCE DAILY)  
lisinopril 40 mg tablet  
metoprolol succinate ER 25 mg tablet,extended release 24 hr

**PAST MEDICAL HISTORY:** hypothyroidism, HTN, GAD, PTSD

**PAST SURGICAL HISTORY:** C-section

**SOCIAL HISTORY:** Widow. Lives in Auburn with her son. Works at AUM. Drinks rarely. Denies smoking, or illicit drug use.

**FAMILY HISTORY:** Brother- died at age 51 of pulmonary embolus.

**HEALTH MX HISTORY:**

Colonoscopy- 52 years old- reportedly normal

Mammogram- 2022- reportedly normal

Pap smear- March 2022- reportedly normal.

**Auburn Montgomery Warhawk Health Services**

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

**Date:** 01/31/24

**PATIENT:** BAKER, CYNTHIA   **DOB:** 01/04/1965   **Gender:** FEMALE   **MRN:** 5272   **AGE:** 59 Years

**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. Erythematous, small, scaly patch to bilateral shins.

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

**ASSESSMENT:**

Z00.00 - ENCNT FOR GEN ADULT MEDICAL EXAM W/O AB FIND (PRIMARY)

E03.9 - HYPOTHYROIDISM, UNSPECIFIED

E78.5 - HYPERLIPIDEMIA, UNSPECIFIED

I10 - ESSENTIAL (PRIMARY) HYPERTENSION

R79.9 - Abnormal finding of blood chemistry, unspecified

Z82.49 - Family history of ischemic heart disease and other diseases of the circulatory system

**PLAN:**

She is due for labs today. She came in last week for a lab draw. I stuck her twice but her blood was thick and wouldn't fill the tubes. I advised her to hydrate before she came in today to see if that would help. I again attempted a blood draw today, but the blood would not fill the tubes because of the thickness. Her brother recently died of a PE. I am concerned about this. She is not aware of any clotting disorders in their family. She is agreeable to checking labs. I gave her an order form for Quest.

Labs ordered include: TSH, Free T4, CBC, CMP, Lipids, PT/INR, Protein C and S, and Factor V Leiden. She states she is not able to go until Friday for her lab draw. Consider referral to hematology pending lab results.

For her thumb pain, I recommended ibuprofen as needed.

Ok to increase prozac to 60mg daily for depression/anxiety.

Triamcinolone for rash.

**Auburn Montgomery Warhawk Health Services**

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

**Date:** 01/31/24

**PATIENT:** BAKER, CYNTHIA   **DOB:** 01/04/1965   **Gender:** FEMALE   **MRN:** 5272   **AGE:** 59 Years

Her BP is elevated today. She has not taken her meds this am. I recommended she go ahead and take them. She verbalized understanding.

Follow up in 6 months for routine eval.

triamcinolone acetonide 0.1 % topical cream

Refills: 1 Qty: 22 GRAM(S)

Instructions: APPLY A THIN LAYER TO THE AFFECTED AREA(S) BY TOPICAL ROUTE 2 TIMES PER DAY

fluoxetine 60 mg tablet

Refills: 1 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (60 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING

Electronically signed by Lindsey Barton, CRNP on 01/31/24 10:02 AM

*L Barton, CRNP*