

Auburn Montgomery Warhawk Health Services

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

Date: 09/24/24

PATIENT: D'ELIA, ASHLEY **DOB:** 05/04/1984 **Gender:** FEMALE **MRN:** 5556 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: establish care/ physical

HISTORY OF PRESENT ILLNESS: Ms. D'Elia is a 40 yo female here today to establish care and for Healthy Tigers physical.

She has a history of GAD and is on prozac. She states it is working well for her. She does not need any refills at this time.

She has intermittent left sciatica. She has not had any imaging and is not interested in any at this time because her symptoms can be controlled with otc ibuprofen when she has a flare up.

She has B12 deficiency and was started on B12 injections 2 months ago.

She has Vitamin D deficiency but her last vitamin D was normal. She is on a MVI daily.

VITALS: BP: 122/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 65; **Temp:** 97; **Resp:** 16; **Ht:** 63 in.; **Wt:** 140 lbs.;
BMI: 24.79; **Pulse Oximetry:** 98%

ALLERGIES: naproxen

MEDICATIONS:

Prozac 20 mg capsule (daily)
cyanocobalamin (vit B-12) 1,000 mcg/mL injection solution (montly)
multivitamin tablet (daily)

PAST MEDICAL HISTORY: anxiety, B12 deficiency, Vit D deficiency, left sciatica

PAST SURGICAL HISTORY: partial hysterectomy, tonsillectomy, salpingectomy

SOCIAL HISTORY: faculty; denies tobacco and illicit drug use- occasional alcohol use

FAMILY HISTORY: Mom- CHF diagnosed in her 30s. Father- CHF requiring AICD- Diagnosed at 62.

HEALTH MX HISTORY:

OBGYN is Dr. Logan- last pap was October 2023 and was normal.

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.

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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:

TSH (QUEST) (1 unit(s)): Quest Diagnostics
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
VITAMIN B12 (QUEST) (1 unit(s)): Quest Diagnostics
VITAMIN D 25 - HYDROXY, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics

ASSESSMENT:

Z00.00 - Encounter for general adult medical examination without abnormal findings (PRIMARY)
F41.1 - GENERALIZED ANXIETY DISORDER
E55.9 - VITAMIN D DEFICIENCY, UNSPECIFIED
E53.8 - DEFICIENCY OF OTHER SPECIFIED B GROUP VITAMINS
Z13.220 - ENCOUNTER FOR SCREENING FOR LIPOID DISORDERS
Z12.39 - ECTR FOR OTH SCREEN FOR MALIG NEOPLASM OF BREAST

PLAN:

Continue prozac and B12 as directed. Referral for mammogram. Scheduled for pap smear in October with Dr. Logan. Follow up yearly and as needed.

Referral: Health Center, Baptist Breast (Radiology)
Carmichael Road

Electronically signed by Lindsey Barton, CRNP on 09/24/24 9:36 AM

L. Barton, DNP, CRNP