

Auburn Montgomery Warhawk Health Services

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

Date: 07/08/24

PATIENT: BREWER, ASHLEY **DOB:** 06/19/1988 **Gender:** FEMALE **MRN:** 5656 **AGE:** 36 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: anxiety/depression follow up

HISTORY OF PRESENT ILLNESS: Mrs. Brewer is a 36 yo female here today for anxiety/depression follow up. She states she was seen here last year and treated with zoloft. She thinks back then it was more postpartum depression. She states she doesn't have many issues with depression anymore but now it is more anxiety and feeling overwhelmed and overstimulated at times. She states mostly when she gets together with family and they have a large family it becomes overwhelming. She would like to discuss xanax and taking something as needed vs. daily.

She reports the zoloft didn't really help despite increasing the dose to 50mg, she had weight gain, and no sex drive so she quit taking it.

VITALS: BP: 125/78 **Pulse:** 60; **Temp:** 97.1; **Resp:** 16; **Ht:** 67 in.; **Wt:** 139.5 lbs.; **BMI:** 21.84; **Pulse Oximetry:** 98%;
FDLMP: 06/26/24

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Claritin 10 mg tablet
Unisom (doxylamine) 25 mg tablet (1 tab PO QHS)

PAST MEDICAL HISTORY: allergies, kidney stones, anxiety, depression

PAST SURGICAL HISTORY: Laparoscopy, breast augmentation, c-sections

SOCIAL HISTORY: Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY: Mother- HTN, HLD; Father- HTN, HLD; Maternal grandmother- cancer, stroke

HEALTH MX HISTORY:

OB/GYN- Dr. Dupre.

Pap smear 2022- reportedly 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.

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.

MUSCULOSKELETAL: Normal range of movement x 4 extremities

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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.

ASSESSMENT:

F41.1 - Generalized anxiety disorder (PRIMARY)

PLAN:

Trial of buspar as needed for anxiety. Follow up as needed.

buspirone 7.5 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (7.5 MG) BY ORAL ROUTE 2 TIMES PER DAY as needed for anxiety

Electronically signed by Lindsey Barton, CRNP on 07/08/24 11:42 AM

L. Barton, DNP, CRNP