

Auburn Montgomery Student Health Services

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

Date: 04/12/21

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** S00183475 **AGE:** 33 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Late menses

HISTORY OF PRESENT ILLNESS: Ms. Adams presents today for late menses. Her last period was Jan 20 and is on day 82 of not having a cycle. She reports she has PCOS and has been experiencing symptoms such as cramping, (L) breast pain, PMS symptoms and nausea. She denies any dysuria but reports she often does not exhibit painful urination when having a UTI. She has taken several at home negative pregnancy tests. She reports the last time she had a long cycle she had a UTI and that's why she was thinking she may have the same this time. Her GYN is Dr. Logan. She sees her yearly. She does not want to be on BCP as she would like to get pregnant in the next year and would like for her body to regulate itself. She is not currently on any medication for her PCOS.

VITALS: BP: 135/85 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 97; **Temp:** 97.3; **Resp:** 16; **Ht:** 65 in.; **Wt:** 204.2 lbs.;
BMI: 33.98; **Pulse Oximetry:** 98%; **FDLMP:** 01/20/21

ALLERGIES: Benzo-Creme ((Rash) or (C/O a rash) (finding))

MEDICATIONS:

Zoloft 50 mg tablet

PAST MEDICAL HISTORY: Rheumatoid arthritis diagnosed as a child. Anxiety/depression; PCOS.

PAST SURGICAL HISTORY: Gallbladder removed 2016

SOCIAL HISTORY: Does not use tobacco; Does not use recreational drugs; Is Not experiencing unusual stress. Does not exercise regularly; Does not use alcohol;

FAMILY HISTORY:

Mother: Deceased age 42 from a seizure disorder (had a head injury)

Father: Heart disease.

Brother: seizure disorder, major depressive disorder

Maternal Grandmother: Arthritis,

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Positive for nausea and fatigue. All negative for fever, chills, vomiting, dizziness, infertility, & malaise.

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

EYES: All negative for blurred vision, cataracts, diplopia, dry eyes, drainage, glaucoma, headache, itching, pain, photophobia, and visual loss.

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

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

GASTROINTESTINAL: Positive for bilateral lower quadrant abdominal pain, nausea and cramping. All negative for,

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appetite loss, anorexia, belching, constipation, diarrhea, flatulence, heartburn, hematchezia, hematemesis, indigestion, mass, swelling and ulcers.

MUSCULOSKELETAL: Positive for arthritic joint pain, lower back pain. All negative for trouble with ambulation, CVA tenderness, joint swelling or redness and varicose veins.

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

BREAST: Positive for left breast tenderness. All negative for discharge or mass.

PELVIC: Positive for abnormal periods and cramps. All negative for increased urinary frequency or urgency, dysuria, vaginal discharge, painful sex, vaginal masses, leaking urine, pain, hemorrhoids, abnormal bleeding, itching, and odor.

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: Positive for suprapubic tenderness and lower abdominal bilateral tenderness. Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

MUSCULOSKELETAL: Normal range of movement x 4 extremities. No CVA tenderness.

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

NEUROLOGIC: Alert and Oriented X3. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

UA (1 unit(s)): In-House Lab

UA (1 unit(s)): In-House Lab

URINE PREG TEST (1 unit(s)): In-House Lab

RESULTS:

UA:

Appearance: Cloudy

Color: yellow

Glucose: Negative

Bill: Negative

Ketones: Negative

Blood: Negative

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Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Negative

UA:

Appearance: Cloudy
Color: yellow
Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.010
Blood: Negative
pH: 6
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Positive
Comments: 25 leuko

URINE PREG TEST :
Value: Negative

ASSESSMENT:

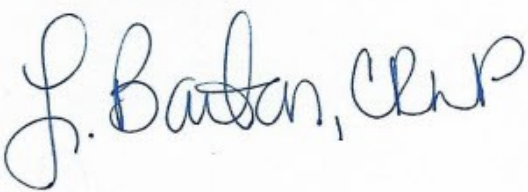
N92.6 - IRREGULAR MENSTRUATION, UNSPECIFIED (PRIMARY)
E28.2 - POLYCYSTIC OVARIAN SYNDROME

PLAN:

Prolonged time between menses most likely due to PCOS. UPT negative in office. UA negative. Discussed regularity can usually be achieved with birth control and/or metformin. We also discussed that metformin can help increase fertility if she desires pregnancy. She will call Dr. Logan for follow up. Rx ibuprofen as needed for cramping.

ibuprofen 800 mg tablet
Refills: 1 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (800 MG) BY ORAL ROUTE 3 TIMES PER DAY WITH FOOD as needed for cramps/pain

Electronically signed by Lindsey Barton, CRNP on 04/12/21 2:10 PM



J. Barton, CRNP

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