

COMPREHENSIVE PATIENT MEDICAL RECORD

PATIENT INFORMATION

Medical Record Number: MRN-98765432

Date Created: 02/01/2025

Last Updated: 04/10/2025

Personal Information

Full Name: Emily Jane Carter

Date of Birth: 03/25/1985

Age: 40

Sex: ☒ Female ☐ Male ☐ Other

Social Security Number: XXX-XX-7890

Address: 456 Elm Street, Unit 3C, Lincoln, NE 68508

Phone: (Home) 402-555-0123 (Cell) 402-555-0145

Email: emily.carter85@email.com

Preferred Contact Method: ☒ Email ☐ Phone ☐ Mail

Preferred Language: English

Interpreter Needed: ☐ Yes ☒ No

Emergency Contact Information

Primary Contact Name: David Carter

Relationship: Husband

Phone: 402-555-0156

Secondary Contact Name: Laura Carter

Relationship: Sister

Phone: 402-555-0167

Insurance Information

Primary Insurance: UnitedHealth PPO

ID#: UHP456789123

Group#: GRP8901

Plan Type: PPO

Policy Holder: Self

Secondary Insurance: None

Primary Care Provider

Name: Dr. Michael Patel, MD

Practice/Clinic: Lincoln Family Health Center

Phone: 402-555-2345

Fax: 402-555-2346

Date of Last Visit: 03/20/2025

Pharmacy Information

Preferred Pharmacy: Green's Pharmacy

Address: 789 Pine Road, Lincoln, NE 68502

Phone: 402-555-3456

Fax: 402-555-3457

ADVANCE DIRECTIVES

- ☒ Living Will
- ☒ Healthcare Power of Attorney
- ☐ DNR Order
- ☐ POLST/MOLST Form
- ☐ Organ Donor

Location of Documents: On file with primary care physician

Healthcare Proxy Name: David Carter

Contact Information: 402-555-0156

ALLERGIES AND ADVERSE REACTIONS

Allergen	Reaction	Severity	Date Identified	Notes
Sulfa Drugs	Rash, Itching	Moderate	06/15/2000	Avoid sulfa-based medications
Peanuts	Anaphylaxis	Severe	09/10/1995	Carries EpiPen at all times
Codeine	Nausea, Vomiting	Mild	03/22/2018	Use alternative pain relief

MEDICATIONS

Current Medications

Medication	Dosage	Frequency	Start Date	Prescribing Provider	Purpose
Sertraline	50 mg	Once daily	07/10/2022	Dr. Michael Patel	Depression/Anxiety
Montelukast	10 mg	Once daily at bedtime	04/15/2023	Dr. Michael Patel	Asthma
Albuterol	90 mcg	As needed (PRN)	04/15/2023	Dr. Michael Patel	Asthma

Medication	Dosage Frequency	Start Date	Prescribing Provider	Purpose
Levothyroxine 50 mcg	Once daily, morning	01/10/2024	Dr. Michael Patel	Hypothyroidism

Medication History

Medication	Dosage	Date Range	Reason for Discontinuation
Fluoxetine	20 mg	03/2020 - 07/2022	Switched to Sertraline due to side effects

IMMUNIZATION RECORD

Vaccine	Date	Location	Lot Number	Notes
Influenza	10/15/2024	Lincoln Family Health	FL2024-123	Annual
Tdap	05/20/2022	Lincoln Family Health	TD22-5678	10-year booster
COVID-19 (Bivalent)	09/30/2024	County Health Department	CV24-4567	Latest booster
Pneumococcal (PCV20)	03/25/2023	Lincoln Family Health	PN23-7890	Age-appropriate

MEDICAL HISTORY

Chronic Conditions

- Asthma**
 - Diagnosed: 2005
 - Controlled with medication and avoidance of triggers
 - Last exacerbation: 11/2023
- Hypothyroidism**
 - Diagnosed: 2024
 - TSH: 2.8 (03/2025)
- Depression/Anxiety**
 - Diagnosed: 2020
 - Managed with medication and therapy

Past Medical History

- Tonsillectomy - 1995, no complications
- Left ankle sprain - 2017, healed completely

Surgical History

Procedure	Date	Surgeon	Hospital/Facility	Notes
Tonsillectomy	06/1995	Dr. Susan Lee	Lincoln Memorial Hospital	Uncomplicated

Family History

Relation	Age	Health Status/Cause of Death	Medical Conditions
Father	65	Living	Hypertension, Type 2 Diabetes
Mother	62	Living	Rheumatoid Arthritis
Sister	37	Living	Asthma
Maternal Grandmother	80	Deceased (Breast Cancer)	Breast Cancer, Osteoporosis

Hereditary Conditions of Note:

- Type 2 Diabetes (paternal side)
- Breast Cancer (maternal side)

SOCIAL HISTORY

Substance Use

- **Tobacco:** Never smoker
- **Alcohol:** Occasional, 1-2 drinks per month
- **Recreational Drugs:** Denies use
- **Caffeine:** 1 cup of tea daily

Occupational History

- **Current Occupation:** Graphic Designer at Creative Solutions Inc.
- **Previous Occupations:** Freelance Designer (2010-2018)
- **Exposures:** Prolonged computer use
- **Disability Status:** None

Exercise and Diet

- **Exercise:** Yoga 3 times weekly, walks 20 minutes daily
- **Diet:** Vegetarian, monitors sodium intake
- **Sleep:** 7-8 hours nightly

Living Situation

- **Housing:** Condominium, owns
- **Household Members:** Lives with husband and two children (ages 10 and 7)
- **Pets:** One cat
- **Stairs/Accessibility:** Elevator access
- **Support System:** Husband, sister nearby, active in local book club

Psychosocial History

- **Education Level:** Master's degree in Fine Arts
- **Marital Status:** Married, 15 years
- **Children:** Son (10), Daughter (7)
- **Recent Life Changes/Stressors:** Recent promotion at work
- **Mental Health History:** Depression diagnosed 2020, managed with therapy

REVIEW OF SYSTEMS (Latest: 03/20/2025)

- **General:** No weight changes, mild fatigue with stress
- **Cardiovascular:** No chest pain or palpitations
- **Respiratory:** Occasional wheezing with allergens, controlled with albuterol
- **Gastrointestinal:** Normal appetite, occasional bloating
- **Genitourinary:** No issues reported
- **Musculoskeletal:** Mild neck stiffness from desk work
- **Neurological:** No headaches or dizziness
- **Psychiatric:** Stable mood with medication
- **Endocrine:** No excessive thirst or cold intolerance
- **Skin:** No new lesions
- **Eyes:** Wears contacts, last exam 12/2024, normal
- **ENT:** Seasonal allergies, uses OTC antihistamines

PHYSICAL EXAMINATION (Latest: 03/20/2025)

Vital Signs

- **BP:** 118/76 mmHg
- **HR:** 68 bpm, regular
- **RR:** 14/min
- **Temp:** 98.6°F
- **SpO2:** 98% on room air
- **Weight:** 145 lbs
- **Height:** 5'6"
- **BMI:** 23.4

General Appearance

- Well-appearing female in no acute distress

HEENT

- **Head:** Normocephalic, atraumatic
- **Eyes:** PERRLA, EOMI
- **Ears:** TMs intact bilaterally
- **Nose:** Patent nares
- **Throat:** Oropharynx clear

Neck

- Supple, no lymphadenopathy, thyroid not enlarged

Cardiovascular

- Regular rate and rhythm, no murmurs

Respiratory

- Clear to auscultation bilaterally, no wheezes

Abdominal

- Soft, non-tender, normal bowel sounds

Musculoskeletal

- Normal gait, full ROM, mild cervical tenderness

Neurological

- Alert and oriented x3, CN II-XII intact

Skin

- No rashes or lesions

Psychiatric

- Appropriate affect

LABORATORY DATA**Recent Laboratory Results (03/20/2025)****Complete Blood Count**

- WBC: 6.5 (4.5-11.0 K/uL)
- RBC: 4.6 (4.0-5.2 M/uL)
- Hgb: 13.8 (12.0-15.5 g/dL)
- Hct: 41 (36-46%)
- Platelets: 230 (150-450 K/uL)

Comprehensive Metabolic Panel

- Sodium: 140 (135-145 mmol/L)
- Potassium: 4.0 (3.5-5.0 mmol/L)
- Glucose (fasting): 92 (70-99 mg/dL)
- Creatinine: 0.8 (0.6-1.1 mg/dL)

Thyroid Function

- TSH: 2.8 (0.5-4.5 mIU/L)
- Free T4: 1.2 (0.8-1.8 ng/dL)

Urinalysis

- Color: Yellow, clear
- Glucose: Negative
- Protein: Negative

DIAGNOSTIC IMAGING AND PROCEDURES

Study	Date	Ordering Provider	Facility	Results
Chest X-ray	03/20/2025	Dr. Michael Patel	Lincoln Imaging Center	[Placeholder: Normal lung fields]
Brain MRI	02/10/2025	Dr. Sarah Nguyen	Lincoln Neuro Imaging	[Placeholder: No acute abnormalities]
Spirometry	04/15/2023	Dr. Michael Patel	Lincoln Pulmonary	Mild obstruction, consistent with asthma

PROBLEM LIST

Problem	Date Identified	Status	Plan	Last Updated
Asthma (J45.909)	06/2005	Active, Controlled	Montelukast, Albuterol PRN, avoid triggers	03/20/2025
Hypothyroidism (E03.9)	01/2024	Active, Controlled	Levothyroxine 50 mcg daily, annual TSH	03/20/2025
Depression/Anxiety (F32.9)	03/2020	Active, Controlled	Sertraline 50 mg daily, therapy monthly	03/20/2025
Seasonal Allergies (J30.2)	05/2010	Active, Seasonal	OTC antihistamines PRN	03/20/2025

SPECIALIST CARE

Specialty	Provider	Practice	Last Visit	Next Appt	Reason for Care
Pulmonology	Dr. Sarah Nguyen	Lincoln Pulmonary	04/15/2023	04/2025	Asthma management
Endocrinology	Dr. Lisa Brown	Lincoln Endocrine Center	01/10/2024	07/2025	Hypothyroidism

CARE PLAN

Current Treatment Plan

Asthma Management

- Continue Montelukast 10 mg daily and Albuterol PRN
- Avoid known triggers (pollen, pet dander)
- Annual pulmonary follow-up

Hypothyroidism Management

- Continue Levothyroxine 50 mcg daily
- Annual TSH monitoring

Depression/Anxiety Management

- Continue Sertraline 50 mg daily
- Monthly therapy sessions

Preventive Care

- Annual influenza vaccination
- Annual physical examination

VISIT NOTES

Visit: 03/20/2025 - Primary Care Follow-up

Provider: Dr. Michael Patel, MD

Chief Complaint: Routine follow-up for chronic conditions

Subjective: Patient reports stable asthma with no recent exacerbations. Adherent to medications. Notes improved mood with therapy.

Objective: Vital signs as noted. Physical exam unremarkable. Labs show stable thyroid function.

Assessment:

1. Asthma - Well controlled
2. Hypothyroidism - Stable
3. Depression/Anxiety – Stable

Plan:

4. Continue current medications
5. Encouraged ongoing exercise and stress management
6. Return visit in 6 months