

# HealthOps Medical Center

## PATIENT MEDICAL RECORD

Date: January 10, 2026

Document ID: DOC-2026-001

### Patient Information

Name: John Doe

Date of Birth: March 15, 1985

Medical Record Number: MRN-12345

Gender: Male

### Chief Complaint

Patient presents with persistent headache and fatigue lasting for 3 days. Reports difficulty sleeping and mild nausea.

### Vital Signs

Blood Pressure: 120/80 mmHg

Heart Rate: 72 bpm

Respiratory Rate: 16 breaths/min

Temperature: 98.6 F (37.0 C)

Oxygen Saturation: 98% on room air

### Physical Examination

General: Patient alert and oriented. Appears mildly fatigued.

HEENT: Pupils equal and reactive. No abnormalities noted.

Cardiovascular: Regular rhythm, no murmurs.

Respiratory: Clear breath sounds bilaterally.

### Assessment and Plan

Patient appears to be in stable condition with symptoms consistent with tension headache and mild dehydration. Recommend increased fluid intake, rest, and OTC pain management as needed.

### Follow-up

Scheduled for: January 17, 2026

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Instructions: Return if symptoms worsen or new symptoms develop

*Physician: Dr. Sarah Johnson, MD*

*License: MD-54321*