

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