

Dr. Anupriya Lilhori

General Physician

Reg. No: DM0023

Consultation Mode: on site

Date: 19/05/2025



Registered Office : P-1 GROUND FLOOR

B/P P-1 TO P-20 NDSE II OPP. LI/11 ,

Delhi, India - 110049

ELECTRONIC MEDICAL RECORD**Patient Information**

Patient Name	Abhishek Sharma
Age	21 years
Gender	Male
Phone Number	6393094984
Blood Group	B+
Marital Status	Single
Children	0
Address	HJB hall, Lucknow University, lucknow, Uttar Pradesh - 226021

Medical History

Chief Complaint	no fresh complaints
History of Present Illness	none
Previous Surgeries	
Bowel and Bladder	urine flow disrupted likely due to dehydration, rest NORMAL AND REGULAR
Appetite	ADEQUATE
Sleep	7 hours
Mental Health Assessment	moderate stress and clinical mild depression

Habits

Smoking

No

Alcohol

No

Substance Abuse

NONE

Health Screening

Stress Screening

Description: moderate

Score: 19

Recommendation: Consider incorporating regular physical activity and deep-breathing exercises into your routine to manage stress more effectively.

Depression Screening

Description: mild

Score: 7

Recommendation: Use clinical judgment about treatment, based on patient's duration of symptoms and functional impairment.

General Physical Examination

Blood Pressure	120/70 mmHg
Pulse Rate	82 bpm
Volume	full
Regularity	regular
Character	normal
Temperature	afebrile
Respiratory Rate	14
SpO2	100%
Height	-7 m
Weight	69 kg
BMI	1.41
Radio Femoral Delay	NONE
Pallor	absent
Icterus	absent
Cyanosis	absent
Clubbing	absent
Lymphadenopathy	absent
Edema	absent
JVP	not raised

Systemic Examination

Respiratory System	normal vesicular breath sounds
Cardiovascular System	S1 S2 PRESENT, NO ADDED SOUNDS
Central Nervous System	NO FOCAL NEUROLOGICAL DEFICIT
Per Abdomen	SOFT, NORMAL BOWEL SOUNDS PRESENT
Other Findings	NOTHING SIGNIFICANT

Diagnosis & Prescription

Diagnosis	moderate stressand clinical depression				
Date					
Medicine	Frequency	Duration	Route	How to Take	Investigations
neurokind RF		30 days days	oral	after breakfast	full body health test with vitamins b12 , serum folic acid and Iron profile with Serum Ferritin
tablet Lumina 60,000IU		once a week for 4 weeks days	oral	fix a day of the week , take it with little bit of milk	serum 1,25(OH) cholecalciferol levels

Advice & Follow-up

Advice	1.follow up with reports 2. maintain hydration (3-4 litres of water , opt for ORS during summers)
Referrals	none needed
Follow-up Schedule	as per need