

Jill Abram

Female – 28 years old, Blood Pressure: 115/85, Pulse: 78, Height: 5'5", Weight: 130 lb, Temperature: 96.5F, Respiratory: 55

CC: annual physical. No specific problems

Encounter: add on the left encounter note as follows:

Screening:

Cholesterol: Every 5 years from age 35

Fecal occult blood: Every year from age 50

Sigmoidoscopy: Every 3-5 years from age 50

Mammogram: Every year from age 50

PAP smear: 2 consecutive normal tests, then every 1-3 years

Impression/Plan: add the following:

General appearance: Alert, well developed, well nourished, well-groomed appearance in no acute distress.

Put this in history under 'documents' Complete physical

CC: Routine physical examination

Screening:

Cholesterol: Every 5 years from age 35

Fecal occult blood: Every year from age 50

Sigmoidoscopy: Every 3-5 years from age 50

Mammogram: Every year from age 50

PAP smear: 2 consecutive normal tests, then every 1-3 years

Immunization:

Tetanus: Every 10 years

Influenza: Yearly for high risk, asthma, cystic fibrosis, DM, CVD, Renal disease, Immunodeficiency

Guidance and counseling:

Nutrition: Excess calorie intake, fat, sodium intake, Need of iron intake, Ca intake, Eating disorder, Hyperlipidemia

Exercise: 3 times per week, 30 minutes aerobic exercise

Safety: Automobile seat belt

Dental: Yearly dental examination

Substance use: Alcohol, smoking, drugs

Sexuality: HIV, STD, Unwanted pregnancy, Hormone replacement therapy after menopause

Review of systems:

Constitutional: Denies weight change, anorexia. Denies fatigue, weakness. Denies fever, sweating, chills. Denies insomnia, irritability.

General: Denies heat or cold intolerance.

Skin: Denies rashes, itching. Denies ulcers, sores. Denies bruises, bleeding tendencies.

Head: Denies headache

Eyes: Denies change in vision. Denies pain, redness, irritation, excessive tearing. Denies diplopia. Denies photophobia.

Ears, Nose and throat: Denies hearing loss. Denies vertigo, tinnitus.

Respiratory system: Denies cough. Denies shortness of breath. Denies hemoptysis.

Lymph nodes: Denies swelling of lymph nodes, pain.

Breasts: Denies swelling, lumps. Denies pain, discharge. Does regular self examination.

Cardiovascular: Denies chest pain, palpitation, syncope, orthopnea, peripheral edema. Denies leg/calf pain or cramps. Denies history of heart murmurs.

Gastrointestinal: Denies heartburn, bloating and flatulence. Denies nausea, vomiting. Denies abdominal pain. Denies hematochezia. Denies change in bowel habits

Genitourinary system: Denies polyuria, dysuria, hematuria

Menstrual: Denies amenorrhea, menorrhagia, metrorrhagia. Denies vaginal discharge. Menopause at age

Musculoskeletal system: Denies joint pain.

Nervous system: Denies motor weakness. Denies anesthesia, paresthesia. Denies memory loss. Denies difficulty of walking, denies difficulty with speech.

Physical examination:

Constitutional:

- General appearance: Alert, well developed, well nourished, well groomed appearance in no acute distress.

Eyes:

- No xanthelasma, no ptosis, no scleral jaundice, no redness, no discharge of conjunctiva. No conjunctival injection
- Pupils equal, round, reactive to
- Extraocular movements intact. No nystagmus.
- Gross visual field by confrontation normal bilaterally.
- Ophthalmoscopic examination of fundi reveals no opacity of lenses, no evidence of A-V nicking, no hemorrhage, no exudates, no arteriolar narrowing. No papilledema. No microaneurysm.

Ears, nose, mouth and throat:

- External ear examination normal, no pain on movement, no discharge. No lesions, no mass.
- Otoscopic examination of tympanic membranes are normal, normal light reflex, no perforation, no fluid. Normal canal.
- Hearing is normal.
- Nasal mucosa moist, no deviated septum, no nasal discharge. No epistaxis.
- Lips normal, no cheilosis. Teeth and gums are normal, no dentures.
- Normal oral mucous membranes, no petechiae, no aphthous ulcers, no dehydration. No tonsillar enlargement, no tonsillar exudates, normal soft and hard palates. Tongue normal appearance.
- Symmetric pharyngeal.

Head and face:

- No trauma, non-tender, no swelling. No facial scars, no masses, no lesions.
- No sinus tenderness.
- Normal parotid salivary glands bilaterally, normal submandibular glands. No maxillary swelling, no mandibular swelling
- No facial droop, no palsy.

Neck:

- Supple. No jugular venous distension. Trachea in the midline. Normal painless ROM.
- Thyroid is normal in size and symmetric. No nodules, no tenderness.

Respiratory:

- Chest symmetric, no barrel chest, normal expansion.
- No respiratory distress, no intercostal retraction, no use of accessory muscles, normal symmetric movements.
- No dullness on percussion.
- Normal breath sounds, no rales, no rhonchi, no wheezing, no friction rubs. No stridor.

Breasts:

- No dimpling, no asymmetry, no venous prominence, no redness, no retraction of nipples or discharge, no galactorrhea.
- No tenderness, no mass or lumps on palpation.

Cardiovascular:

- S1, S2 normal.
- Regular rhythm. No S3, no S4 gallops. No murmurs. No friction rub. No opening snaps, no clicks.
- Carotid arteries 2+ symmetric bilaterally, no bruits.
- Abdominal aorta is not enlarged, has no bruits, no palpable pulsatile mass in abdomen.

- Femoral arteries symmetric bilaterally, 2+ pulses, no bruits.
- Pedal pulses symmetric bilaterally, 2+ pulses.
- No peripheral edema, no varicosities. No calf tenderness.

Gastrointestinal:

- Abdomen soft, non-tender, no mass. No abdominal distension.
- No guarding, no rigidity, no rebound tenderness, negative Murphy's sign
- Liver normal size, non-tender, smooth margin, no splenomegaly.
- Bowel sounds normal.
- No CVA tenderness. No back spasm.
- Anus and perineum examination normal.
- Digital rectal examination reveals normal sphincter tone, no masses, no hemorrhoids, no abscess.
- Stool occult blood negative.

Lymphatic:

- No lymph node enlargement in neck.
- No lymph node enlargement in axillae.
- No lymph node enlargement in groin.

Skin:

- Normal color, no diaphoresis, no pallor, no cyanosis. Skin warm and dry. Normal skin turgor.
- No rashes, no lesions, no ulcers, no stasis dermatitis
- Normal hair distribution in scalp, eyebrow, face, chest and pubic area

Genitourinary pelvic examination:

- Normal escutcheon, no lesions in external genitalia. Normal moist mucous membranes of vagina, no vaginal discharge, no cystocele, no rectocele. No vaginal bleeding.
- Urethra examination normal, no masses, no tenderness, no scarring.
- Bladder examination normal, no masses, no tenderness.
- Cervix normal in appearance, no lesions, no discharge, no tenderness on motion.
- Uterus normal size, normal contour, normal position, normal mobility, no tenderness, normal support.
- Adnexa examination normal, no masses, no tenderness, no organomegaly, no nodularity.

Musculoskeletal:

- Normal gait, no ataxic gait.
- No clubbing, no cyanosis, no inflammatory swellings
- No joint misalignment, no crepitation, no tenderness, no masses, no effusion.
- Full range of motion of extremities, no pain, no joint contracture.
- No motor deficit. Normal muscle strength. No hemiparesis, no hemiplegia.
- No kyphosis, no scoliosis

Neurological:

- Cranial nerves II-XII normal.
- Normal deep tendon reflex in ankle, wrists.
- Speech normal, not disoriented, not inappropriate, not incoherent, present/absent.

Psychiatric:

- Normal judgement, normal insight
- Oriented to time, oriented to place, oriented to person.
- Normal recent memory, normal remote memory.
- No anxiety, no agitation, no depressed affect.