

Rebeca Nagle

9/7/2022 8:00 AM

Location: Bridport Family Medicine

Patient #: D2147783321-907568

DOB: 05/19/1986

Gender: Female

The patient is a 36 year old Female.

Subjective Notes

Rebeca is a 36 year old female who presents to clinic. Concerns today: none Exercise: "I should do it more" rides a bike for 20 minutes a day Diet: no concerns Habits: 0 EtOH drinks per week; denies tobacco or drug use Mood: no concerns; PHQ-2 negative Sleep: no concerns; denies snoring, insomnia, OSA Immunizations: - Tdap q 10 years: 5 years ago - Influenza q 1 year: due Labs: last was in 2020, would like screening labs done today Mammogram: (elect at 40-45 yo, annually at 45-54 yo, every two years at 55-74 yo): n/a Colonoscopy (if indicated): n/a Relationships: lives with husband and kids (ages 10, 8, 5). Menstruation: Irregular, sometimes goes a year without a period sometimes has two in one month Last Pap: unknown, gynecology used to do Meds: Magnesium and Vitamin B2 (migraines), COC PMH: PCOS, migraines FH: mother with RA No other concerns at this time.

Objective Notes

CONSTITUTIONAL: Well-developed, well-nourished, well-groomed appearing stated age and in no acute distress. EYES: Sclerae, conjunctivae and lids are clear. PERRLA. ENT: External structures of ears and nose, unremarkable. External auditory canals are clear, TM normal bilaterally. Nasopharynx, including septum and turbinates unremarkable. Oropharynx, including anterior and posterior structures, clear. NECK: Supple. No adenopathy or masses. Thyroid normal size, shape and consistency. BREAST: Declined RESPIRATORY: Lungs clear to auscultation. Good inspiratory effort. CARDIOVASCULAR: Heart, regular rate and rhythm. No gallops, rubs or murmurs. No pedal edema noted. Peripheral pulses intact, equal bilaterally. GI: Abdomen soft, symmetrical. Active bowel tones. No masses, hepatosplenomegaly or tenderness. No abdominal hernia noted. GU/PELVIC: Normal external genitalia, no lesions. No discharge, cervix normal, uterus not enlarged, nontender and adnexa nontender, no masses. PAP obtained. MUSCULOSKELETAL: Normal gait and station. Extremities dry, warm with full range of motion. Muscle strength 5/5 bilateral in all extremities. Good joint stability noted SKIN: To inspection and palpation, normal temperature, turgor and texture; no rash, ulcers or subcutaneous nodules. NEUROLOGIC: Cranial nerves II-XII are intact. Deep tendon reflexes 2+ in upper and lower extremities. Sensation intact. No cerebellar ataxia. PSYCH: Alert and oriented to person, time, and place. Mood and affect appropriately modulated. Judgment and insight regarding health issues, within normal limits. Recent and remote memory intact.

Assessment Notes

DIAGNOSIS: Well adult exam [ICD-10: Z00.00], [ICD-9: V70.0], [SNOMED: 268565007] Cervical cancer screening [ICD-10: Z12.4], [ICD-9: V76.2], [SNOMED: 171149006]

Plan Notes

Well Woman Exam - Screening labs: TSH, CBC, CMP, lipids - Pap smear completed in office today - Refill of COC prescribed; potential SE and proper use of med discussed - Flu shot given in clinic today; other vaccines UTD - Discussed importance of healthy lifestyle including regular exercise and

healthy diet; encouraged patient to continue good habits - F/U 1 year, sooner if needed. Questions invited and addressed. Patient expressed verbal understanding of plan. Patient seen and evaluated with Valerie Miller, PA-S. I was present with the medical student for this service. I personally verified the history of present illness, performed the physical exam and medical decision making. I have verified all of the medical student's documentation for this encounter. Patient seen by Megana Lanoi, DNP Chart reviewed and approved. MEDICATIONS: Claritin 10 MG Oral Capsule Enskyce 0.15-30 MG-MCG Oral Tablet 1 tablet orally daily for 28 days

Encounter

ChiefComplaint: wellness, PAP - KZ ACTIVE (Appt time: 9/7/2022 8:00:00 AM) (Arrival time: 8:05 AM)

Signed electronically by Megana Lanoi, NP-PP Family (9/7/2022 3:55 PM)

Rebeca Nagle

9/20/2022 3:40 PM

Location: Bridport Family Medicine

Patient #: D2147783321-907568

DOB: 05/19/1986

Gender: Female

The patient is a 36 year old Female.

Subjective Notes

Rebeca is a 36-year-old female who presents to clinic. CC: sharp chest pain Onset: this morning (6:30AM) Location: Sternum Symptoms: -taking a deep breath or movement causes 6.5/10 pain located exactly at the sternum - at rest feels a 3/10 discomforting pressure - feels like pain is on the sternum - feels like stabbing pain - localized to one spot - denies dizziness, lightheadedness, palpitations, SOB HX: - Started working out last week Tx: - Motrin (minimal relief) PSH: C-section, tonsillectomy FMH: rheumatoid arthritis - mother No other concerns at this time.

Objective Notes

CONSTITUTIONAL: Well-developed, well-nourished, well-groomed appearing stated age and in no acute distress. NECK: Supple. No adenopathy or masses. Thyroid normal size, shape and consistency. RESPIRATORY: Lungs clear to auscultation; no wheezes, rhonchi, or crackles. Good inspiratory effort. CARDIOVASCULAR: Heart, regular rate and rhythm. No gallops, rubs or murmurs. MSK: Reproducible tenderness to R 5th costosternal joint. PSYCH: Alert and oriented to person, time, and place. Mood and affect appropriately modulated. Judgment and insight regarding health issues, within normal limits. Recent and remote memory intact. .

Assessment Notes

DIAGNOSIS: Costochondritis [ICD-10: M94.0], [ICD-9: 733.6], [SNOMED: 64109004]

Plan Notes

Costochondritis: - Etiology likely MSK inflammation of the cartilage that connects a rib to the breastbone (sternum); no s/sx of cardiac, pulmonary CP on H&P - Recommend ibuprofen 600 mg PO three times per day x 5-7 days with food or milk - Recommend mild stretching, rest, and avoidance of aggravating factors - "Red flags" warranting urgent/emergent evaluation discussed with patient - F/U as needed. MEDICATIONS: Magnesium 300 MG Oral Capsule 400MG po qAM Vitamin B-2 100 MG Oral Tablet 400MG po qAM

Encounter

ChiefComplaint: Body Ache / Pain-zocdoc-MW ACTIVE (Appt time: 9/20/2022 3:40:00 PM) (Arrival time: 3:12 PM)

Signed electronically by Megana Lanoi, NP-PP Family (9/20/2022 11:52 PM)

Rebeca Nagle

9/20/2022 3:40 PM

Location: Bridport Family Medicine

Patient #: D2147783321-907568

DOB: 05/19/1986

Gender: Female

The patient is a 36 year old Female.

Past Medical History

On-Going Medical Problems

allergies joint pain

Past Medical History

Preventive Care

PAP: neg 09/2022

Past Medical History

Family Health History

RA-family

Past Medical History

Social History

last pap 2016

Past Medical History

Major Events

c section tonsilectomy

History and Physical Note

Patient	Rebeca Nagle
Date of birth	May 19, 1986
Sex	Female
Race	
Ethnicity	
Contact info	Home: 9125 XYZ Hill St Tigard,OR97223 Tel: +1-541-950-0000
Patient IDs	D2147783321-907568 1.3.6.1.4.1.22812.52.0.2147483121
Document Id	ZuIlvIVj4LvqAB-2147483121-730177633 1.3.6.1.4.1.22812.52.0.2147483121.1
Document Created:	December 14, 2022, 01:29:51, EST
Performer	Megana Lanoi, Family Medicine
Author	Megana Lanoi, Family Medicine
Contact info	Home: 16083 ABC Upper Boones Ferry rd Portland,OR97224 Tel: +1-(500)000-9097
Author	Data Warehouse CCD Extract 0.1
Contact info	Home: 16083 ABC Upper Boones Ferry rd Portland,OR97224 Tel: +1-(500)000-9097
Encounter Id	730177633 1.3.6.1.4.1.22812.52.0.2147483121.3.4
Encounter Date	From September 20, 2022, 15:40:00 -0400 to September 20, 2022, 23:52:42 -0400
Encounter Location	id: 2147483121 1.3.6.1.4.1.22812.52.0.2147483121
Signed	Megana Lanoi, Family Medicine at December 14, 2022, 01:29:51, EST
Contact info	Home: 16083 ABC Upper Boones Ferry rd Portland,OR97224 Tel: +1-(500)000-9097
Information recipient:	2147483121 1.3.6.1.4.1.22812.52.0.2147483121.3.1
Contact info	Home: 16083 ABC Upper Boones Ferry rd Portland,OR97224 Tel: +1-(500)000-9097
Legal authenticator	Megana Lanoi, Family Medicine signed at September 20, 2022, 15:40:00
Contact info	Home: 16083 ABC Upper Boones Ferry rd Portland,OR97224 Tel: +1-(500)000-9097

Document maintained by	Bridport Family Medicine
Contact info	Home: 16083 ABC Upper Boones Ferry rd Portland,OR97224 Tel: +1-(500)000-9097

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Reason for Visit

Body Ache / Pain-zocdoc-MW ACTIVE (Appt time: 9/20/2022 3:40:00 PM) (Arrival time: 3:12 PM)

Review of Systems

No Information

Physical Exam

No Information

Assessments

:

- Costochondritis

Problems

Costochondritis (733.6) (M94.0)		
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General Status

No Information

Allergies and Adverse Reactions

No Information

Medications

Magnesium 300 MG Oral Capsule Refills: 0	Ordered: 20-Sep-2022	Status: Other
Vitamin B-2 100 MG Oral Tablet Refills: 0	Ordered: 20-Sep-2022	Status: Other

Procedures

Documentation of current medications	Date: 20-Sep-2022	Status: Completed
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Past Medical History

No Information

Family History

No Information

Social History

Birth Sex

Unknown

Interventions

•No Advance Directives available.	
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Plan of Treatment

No Information

Results

08-Sep-2022 06:09	AST SerPI-cCnc 34 U/L	Range: 10-30
	Albumin SerPI-mCnc 4.4 g/dL	Range: 3.6-5.1
	Calcium SerPI-mCnc 9.7 mg/dL	Range: 8.6-10.2
	CO2 SerPI-sCnc 28 mmol/L	Range: 20-32
	Creat SerPI-mCnc 0.90 mg/dL	Range: 0.50-0.97
	ALP SerPI-cCnc 40 U/L	Range: 31-125
	Potassium SerPI-sCnc 4.0 mmol/L	Range: 3.5-5.3
	Albumin/Glob SerPI 1.5 {{calc}}	Range: 1.0-2.5
	Prot SerPI-mCnc 7.3 g/dL	Range: 6.1-8.1
	eGFRcr SerPIBld CKD-EPI 2021 85 {mL/min/1.73m2}	Range: > OR = 60
	BUN/Creat SerPI NOT APPLICABLE {{calc}}	Range: 6-22
	BUN SerPI-mCnc 17 mg/dL	Range: 7-25
	Bilirub SerPI-mCnc 0.5 mg/dL	Range: 0.2-1.2
	ALT SerPI-cCnc 52 U/L	Range: 6-29
	Globulin Ser Calc-mCnc 2.9 {g/dL_(calc)}	Range: 1.9-3.7
	Sodium SerPI-sCnc 141 mmol/L	Range: 135-146
	Glucose SerPI-mCnc 104 mg/dL	Range: 65-99
	Chloride SerPI-sCnc 104 mmol/L	Range: 98-110
08-Sep-2022 06:09	LDLc/HDLc SerPI-mRto 2.8 {{calc}}	

08-Sep-2022 06:09	Platelet # Bld Auto 186 {Thousand/uL}	Range: 140-400
	RDW RBC Auto-Rto 12.5 %	Range: 11.0-15.0
	WBC # Bld Auto 6.3 {Thousand/uL}	Range: 3.8-10.8
	MCHC RBC Auto-mCnc 33.6 g/dL	Range: 32.0-36.0
	Basophils/leuk NFr Bld Auto 0.3 %	
	Hct VFr Bld Auto 39.9 %	Range: 35.0-45.0
	Neutrophils # Bld Auto 3704 {cells/uL}	Range: 1500-7800
	Neutrophils/leuk NFr Bld Auto 58.8 %	
	Monocytes/leuk NFr Bld Auto 7.8 %	
	PMV Bld Rees-Ecker 10.6 fL	Range: 7.5-12.5
	Basophils # Bld Auto 19 {cells/uL}	Range: 0-200
	Hgb Bld-mCnc 13.4 g/dL	Range: 11.7-15.5
	MCV RBC Auto 91.9 fL	Range: 80.0-100.0
	Eosinophil/leuk NFr Bld Auto 2.9 %	
	Lymphocytes/leuk NFr Bld Auto 30.2 %	
	Monocytes # Bld Auto 491 {cells/uL}	Range: 200-950
	MCH RBC Qn Auto 30.9 pg	Range: 27.0-33.0
	RBC # Bld Auto 4.34 {Million/uL}	Range: 3.80-5.10
	Lymphocytes # Bld Auto 1903 {cells/uL}	Range: 850-3900
	Eosinophil # Bld Auto 183 {cells/uL}	Range: 15-500
08-Sep-2022 06:09	See Attachment	
07-Sep-2022 08:45	TEST NAME CBC,CMP,LIPID	
	RESULT SEE COMMENT	
08-Sep-2022 06:09	TSH SerPI-aCnc 1.88 {mIU/L}	
08-Sep-2022 06:09	Trigl SerPI-mCnc 190 mg/dL	Range: <150
08-Sep-2022 06:09	Cholest SerPI-mCnc 161 mg/dL	Range: <200
09-Sep-2022 06:32	See Attachment	
	Cytology SEE NOTES	
08-Sep-2022 06:09	NonHDLc SerPI-mCnc 126 {mg/dL_(calc)}	Range: <130
08-Sep-2022 06:09	HDLc SerPI-mCnc 35 mg/dL	Range: > OR = 50
08-Sep-2022 06:09	Cholest/HDLc SerPI 4.6 {(calc)}	Range: <5.0
08-Sep-2022 06:09	LDLc SerPI Calc-mCnc 98 {mg/dL_(calc)}	

Vital Signs

20-Sep-2022 22:18		
	Weight 71.40 kg	
	O2 SAT 99 %	
	Height 162.56 cm	
	Temperature 37.33 c	
	BP Diastolic 76 mm[Hg]	
	BP Systolic 116 mm[Hg]	
	Pulse 92 /min	
	BMI 27.02 kg/m2	
	BSA 1.77 m2	

Encounters

Office Visit	20-Sep-2022 15:40 To 20-Sep-2022 23:52 Lajoy, Family Medicine Megan (Primary Care Provider)	
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History and Physical Note

Patient	Rebeca Nagle
Date of birth	May 19, 1986
Sex	Female
Race	
Ethnicity	
Contact info	Home: 9125 XYZ Hill St Tigard,OR97223 Tel: +1-541-950-0000
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Encounter Id	727374050 1.3.6.1.4.1.22812.52.0.2147483121.3.4
Encounter Date	From September 7, 2022, 08:00:00 -0400 to September 7, 2022, 15:55:04 -0400
Encounter Location	id: 2147483121 1.3.6.1.4.1.22812.52.0.2147483121
Signed	Megana Lanoi, Family Medicine at December 14, 2022, 01:29:51, EST
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Reason for Visit

wellness, PAP - KZ ACTIVE (Appt time: 9/7/2022 8:00:00 AM) (Arrival time: 8:05 AM)

Review of Systems

No Information

Physical Exam

No Information

Assessments

:

- Cervical cancer screening
- Well adult exam

Problems

Cervical cancer screening (V76.2) (Z12.4)		
Well adult exam (V70.0) (Z00.00)		

General Status

No Information

Allergies and Adverse Reactions

No Information

Medications

Claritin 10 MG Oral Capsule Refills: 0	Ordered: 7-Sep-2022	Status: Other
Enskyce 0.15-30 MG-MCG Oral Tablet Quantity: 84 Refills: 3	Ordered: 7-Sep-2022	End: 8-Sep-2022 Status: Completed

Immunizations

Influenza, injectable, MDCK, preservative free, quadrivalent Lot #: 942373, SEQIRUS	On: 7-Sep-2022	Site: Left Deltoid Comments:Dose: 2.0000000000000000e+00; Route: Intramuscular
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Past Medical History

No Information

Family History

No Information

Social History

Birth Sex

Unknown

Interventions

•No Advance Directives available.	
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Plan of Treatment

No Information

Results

No Information

Vital Signs

7-Sep-2022 15:09		
	Weight 72.85 kg	
	O2 SAT 99 %	
	Height 162.56 cm	
	BP Diastolic 68 mm[Hg]	
	BP Systolic 98 mm[Hg]	
	Pulse 84 /min	
	BMI 27.57 kg/m2	
	BSA 1.78 m2	

Encounters

Office Visit	7-Sep-2022 8:00 To 7-Sep-2022 15:55 Lajoy, Family Medicine Megan (Primary Care Provider)	
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