

## PATIENT ENCOUNTER NOTE

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Patient: Christopher Mckinney

Date: 2025-09-06

Provider: Dr. Valentine

### SUBJECTIVE:

Patient presents today complaining of fatigue which started approximately 2 weeks ago. They describe the pain/discomfort as a 4/10. Patient reports difficulty sleeping due to the symptoms. They deny any recent trauma or travel.

### OBJECTIVE:

Vitals: BP 132/70, HR 96, Temp 98.9F.

Physical exam reveals tenderness in the affected area if applicable. No acute distress noted.

Lungs are clear to auscultation.

### ASSESSMENT:

Findings are consistent with Generalized Anxiety Disorder. Differential diagnosis includes viral etiology or stress-related exacerbation.

### PLAN:

1. Start Sumatriptan 50mg once daily.
2. Follow up in 4 weeks if symptoms do not improve.
3. Patient education provided regarding lifestyle changes and warning signs.