

PATIENT ENCOUNTER NOTE

Patient: Mary Cox
Date: 2025-05-05
Provider: Dr. Brown

SUBJECTIVE:

Patient presents today complaining of joint stiffness which started approximately 2 weeks ago. They describe the pain/discomfort as a 7/10. Patient reports difficulty sleeping due to the symptoms. They deny any recent trauma or travel.

OBJECTIVE:

Vitals: BP 112/86, HR 62, Temp 97.9F.

Physical exam reveals tenderness in the affected area if applicable. No acute distress noted. Lungs are clear to auscultation.

ASSESSMENT:

Findings are consistent with Type 2 Diabetes. Differential diagnosis includes viral etiology or stress-related exacerbation.

PLAN:

1. Start Ibuprofen 400mg once daily.
2. Follow up in 4 weeks if symptoms do not improve.
3. Patient education provided regarding lifestyle changes and warning signs.