

## PATIENT ENCOUNTER NOTE

-----  
Patient: Angela Gordon

Date: 2025-08-19

Provider: Dr. Mccarty

### SUBJECTIVE:

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

### OBJECTIVE:

Vitals: BP 120/75, HR 80, Temp 97.1F.

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

Lungs are clear to auscultation.

### ASSESSMENT:

Findings are consistent with Hypertension. Differential diagnosis includes viral etiology or stress-related exacerbation.

### PLAN:

1. Start Metformin 500mg once daily.
2. Follow up in 4 weeks if symptoms do not improve.
3. Patient education provided regarding lifestyle changes and warning signs.