

PATIENT ENCOUNTER NOTE

Patient: Janet Nelson

Date: 2025-11-24

Provider: Dr. Crawford

SUBJECTIVE:

Patient presents today complaining of joint stiffness which started approximately 2 weeks ago. They describe the pain/discomfort as a 3/10. Patient reports difficulty sleeping due to the symptoms. They deny any recent trauma or travel.

OBJECTIVE:

Vitals: BP 112/87, HR 100, 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 Lisinopril 10mg once daily.
2. Follow up in 4 weeks if symptoms do not improve.
3. Patient education provided regarding lifestyle changes and warning signs.