

Name: Ethan Fischer | DOB: 5/5/1993 | MRN: 5737029 | PCP: Nymisha A Rao, M.D. | Legal Name: Ethan Fischer

## Office Visit - Oct 07, 2025

with Nymisha Rao, M.D. at River East Family Medicine

### Notes from Care Team

#### Progress Notes

Nymisha Rao, M.D. at 10/7/2025 8:40 AM

##### **AMBULATORY PROGRESS NOTE**

##### **Subjective**

##### **SUBJECTIVE**

##### **CHIEF COMPLAINT**

Cough (Persistent)

##### **HISTORY OF PRESENT ILLNESS**

Ethan Fischer is a 32 yo male here for f/up

Pmhx: prev healthy

*Verbal consent was given by the patient to use ambient clinical documentation, which audio records our conversation, to help generate the following clinical note. The audio recording is then completely deleted.*

##### **History of Present Illness**

Ethan Fischer is a 32 year old male who presents with a persistent cough.

He has experienced a persistent cough for at least a year and a half, which he suspects is triggered by environmental factors in his apartment. His symptoms improve when he is away, such as during recent travels to Singapore and Quincy, Illinois, but return upon his return to the apartment. Mold was discovered in the air conditioning unit, confirmed to have a high spore count of Cladosporium. Although the building management replaced the insulation, no professional cleaning was done.

He has been using Flonase and an inhaler, but the cough persists. He has not been consistent with the allergy medication. Albuterol was tried twice but did not significantly improve his symptoms. He experiences a heaviness in his chest at times but has no issues with breathing or shortness of breath during physical exertion.

Family history is significant for chronic bronchitis in his father and asthma in his uncle, both on his father's side. He is a nonsmoker. His maternal grandfather had potential heart issues discovered posthumously.

He has not undergone allergy testing or pulmonary function testing yet. No symptoms like wheezing, dizziness, or lightheadedness during physical activities.

**PAST MEDICAL, SURGICAL, SOCIAL, AND FAMILY HISTORY**

Past medical, surgical, social and family history were reviewed with no changes

**CURRENT MEDICATIONS****Current Outpatient Medications**

Medication	Sig	Dispense	Refill
• albuterol sulfate 90 mcg/actuation inhaler	Inhale 1 puff by mouth every 6 hours as needed for shortness of breath.	8 g	1
• clindamycin (CLEOCIN-T) 1 % lotion	Apply 1 Application to the affected area(s) twice daily.	60 mL	2
• mv-min/folic/vit K/lycop/coQ10 (DAILY MULTIVITAMIN ORAL)	Take by mouth.		

No current facility-administered medications for this visit.

<b>OBJECTIVE</b>
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**Vitals:**

10/07/25 0843  
BP: 119/71  
Pulse: (!) 57  
Temp: 36.1 °C (97 °F)  
TempSrc: Temporal  
SpO2: 98%  
Weight: 87.5 kg (192 lb 12.8 oz)  
Height: 188 cm (6' 2")

**BP Readings from Last 4 Encounters:**

10/07/25 119/71  
06/11/25 110/66  
04/03/25 117/66

**Physical Exam**Constitutional:

General: He is not in acute distress.

Appearance: He is not ill-appearing.

HENT:

Head: Normocephalic and atraumatic.

Eyes:

General: No scleral icterus.

Extraocular Movements: Extraocular movements intact.

Cardiovascular:

Rate and Rhythm: Normal rate and regular rhythm.

Heart sounds: Normal heart sounds. No murmur heard.

No gallop.

Pulmonary:

Effort: Pulmonary effort is normal. No respiratory distress.

Breath sounds: Normal breath sounds. No wheezing.

Skin:

General: Skin is warm and dry.

Neurological:

General: No focal deficit present.

Mental Status: He is alert. Mental status is at baseline.

Psychiatric:

Mood and Affect: Mood normal.

Behavior: Behavior normal.

Thought Content: Thought content normal.

Judgment: Judgment normal.

**REVIEW OF LABORATORY DATA**

N/A

**REVIEW OF IMAGES & STUDIES**

N/A

<b>ASSESSMENT &amp; PLAN</b>			
Ethan Fischer is a 32Yrs old male patient here for f/up:			
	ICD-10- CM	ICD-9- CM	
1. Chronic cough	R05.3	786.2	OUTPATIENT REFERRAL TO ADULT AND PEDIATRIC ALLERGY/IMMUNOLOGY
2. Chronic scapular pain	M89.8X1 G89.29	733.90 338.29	
3. Need for vaccination	Z23	V05.9	TDAP VACCINE INFLUENZA VACCINE (FLULAVAL)(6 MONTHS TO ADULT)

**Assessment & Plan**

Chronic cough

Chronic cough persisting for over a year, likely related to environmental factors in the apartment, patient noting recent mold exposure. Symptoms improve when away from the apartment. Albuterol inhaler has not significantly improved symptoms. Family history of asthma and chronic bronchitis.

- Refer to allergist for further evaluation of potential environmental allergies.
- Consider pulmonary function testing if symptoms persist or worsen. He will message us if he'd like to complete PFTs at Hyde Park
- Advise consistent use of anti-allergy medication for 3-4 weeks to assess for symptom relief.
- Discussed potential use of a steroid inhaler to reduce airway inflammation, but he opted to wait for allergist evaluation.

Chronic scapular pain

Chronic scapular pain previously evaluated by sports medicine. Improvement noted with change in sleeping position to back sleeping.

General Health Maintenance

Received Tdap and flu vaccinations. Discussed importance of flu vaccination to prevent worsening of cough symptoms.

- Administer Tdap booster.
- Administer flu vaccine.

On 10/7/2025 I spent 24 minutes in total caring for this patient, including direct care and other qualifying activities. Time spent on separately reportable procedures is excluded.

Return in about 2 months (around 12/7/2025), or if symptoms worsen or fail to improve, for annual physical exam.

Nymisha Rao, MD  
Family Medicine

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