

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

Office Visit - Apr 03, 2025

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

Notes from Care Team

Progress Notes

Nymisha Rao, M.D. at 4/3/2025 10:40 AM

AMBULATORY PROGRESS NOTE

Subjective

SUBJECTIVE

CHIEF COMPLAINT

Medical Evaluation (Chronic cough 2 months./ issue with muscle in back on going)

HISTORY OF PRESENT ILLNESS

Ethan Fischer is a 31 yo male here for new patient evaluation:

PMHx: no known medical diagnosis

PSHx: updated

SocHx: denies tobacco use; rest updated. Works as software engineer.

FamHx: updated

Meds: updated

Allergies: bee sting

Has had a cough x 2 mo

Preceded by cold like symptoms

Dry, non productive

Denies recent fevers, shortness of breath, trouble breathing

Stayed the same

Has taken a few cough drops

Has noticed the cough in the mornings typically after showering -- tends to go away as the day goes on

Works from home remotely

No cough or shortness of breath w/ physical activity

Sometimes will experience acid reflux, not daily. No burning sensation in throat or cough while laying supine at nighttime.

Occasionally will experience nasal congestion.

Reports cough likely even more than 2 mo ago -- became more apparent about two mo ago

Notes that more chronic cough is similar in nature

He notes his Mom was worried about this as his Dad may have a chronic cough issue.

He was able to confirm with his Mom who notes Dad suffered from chronic bronchitis.

He is also concerned about a back issue
 Behind R shoulder blade, feels that there is a muscle that will flare usually after a workout -- becomes "tense, inflamed."
 Noticed for first time 3 to 4 years ago and he had sharp pain in this are.
 Has come/gone since then
 Recently a massage gun has been helpful. Provides immediate but not long acting relief.
 Resolves if he does not utilize muscles in this area
 No bad enough to require OTC Oral medication
 Occurring fairly often, usually most times when going to gym

PAST MEDICAL, SURGICAL, SOCIAL, AND FAMILY HISTORY

Past Surgical History:

Procedure	Laterality	Date
• HX HEMORRHOID SURGERY		

Family History

Problem	Relation	Age of Onset
• Diabetes	Father	
• Lung Disease <i>chronic bronchitis</i>	Father	
• Diabetes	Maternal Grandmother	
• Diabetes	Paternal Grandfather	

Social History

Tobacco Use

- Smoking status: Never
- Smokeless tobacco: Never

Vaping Use

- Vaping status: Former
- Substances: THC

Substance Use Topics

- Alcohol use: Yes
Comment: occ
- Drug use: Yes
Comment: marijuana/ occ

Social History

Substance and Sexual Activity

Sexual Activity Not on file

Allergen	Reactions
• Bee Pollen	Hives

CURRENT MEDICATIONS

Current Outpatient Medications

Medication	Sig	Dispense	Refill
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- mv-min/folic/vit K/lycop/coQ10 Take by mouth.
(DAILY MULTIVITAMIN ORAL)

No current facility-administered medications for this visit.

OBJECTIVE

Vitals:

04/03/25 1040
BP: 117/66
Pulse: (!) 56
Temp: 36.2 °C (97.2 °F)
TempSrc: Temporal
SpO2: 100%
Weight: 89.4 kg (197 lb)
Height: 188 cm (6' 2")

BP Readings from Last 4 Encounters:

04/03/25 117/66

Physical ExamConstitutional:

General: He is not in acute distress.

Appearance: He is not ill-appearing.

HENT:

Head: Normocephalic and atraumatic.

Mouth/Throat:

Mouth: Mucous membranes are moist.

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.

Musculoskeletal:

General: No swelling.

Comments: **No evidence of scapular winging**

Normal active ROM of bilateral shoulder joints

No pain w/ palpation of R scapular region

No swelling or redness present on exam in this area

Skin:

General: Skin is warm and dry.

Neurological:

General: No focal deficit present.

Mental Status: He is alert.

Psychiatric:

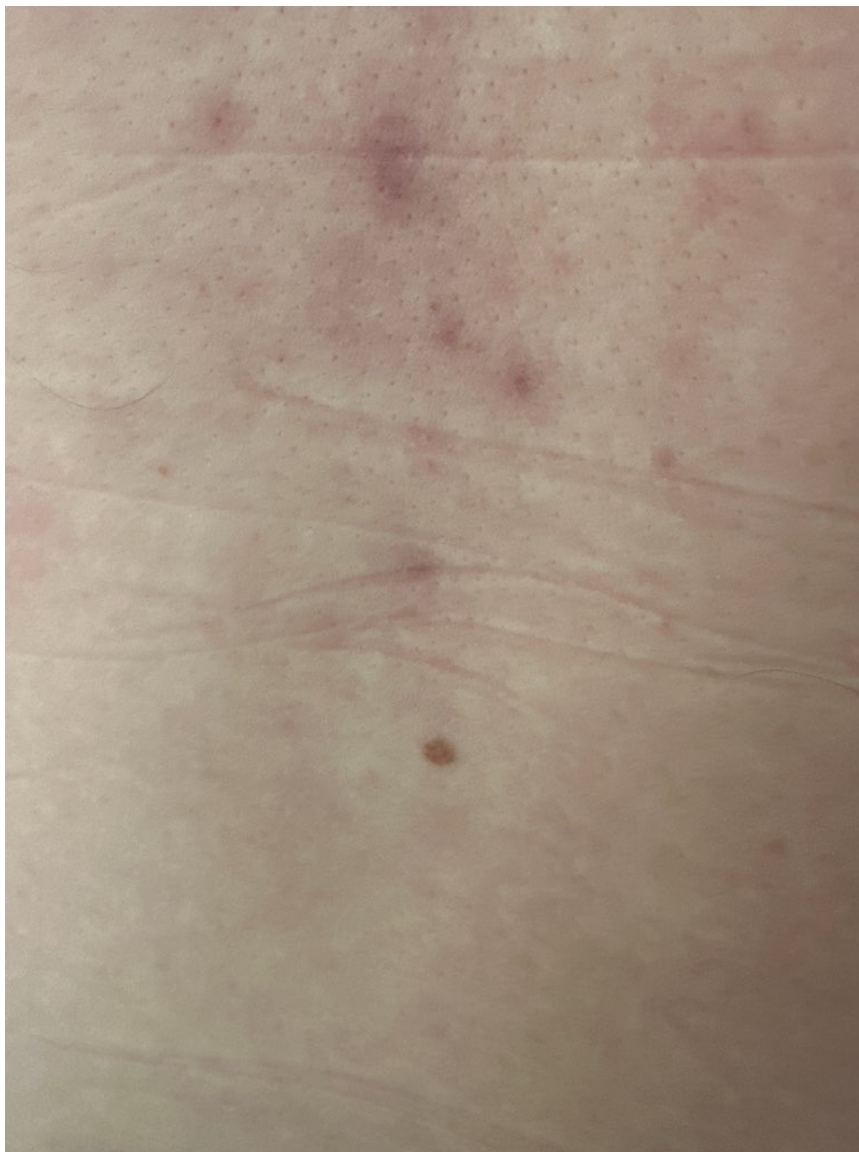
Mood and Affect: Mood normal.

Behavior: Behavior normal.

Thought Content: Thought content normal.

Judgment: Judgment normal.



**REVIEW OF LABORATORY DATA**

N/A

REVIEW OF IMAGES & STUDIES

N/A

ASSESSMENT & PLAN

Ethan Fischer is a 31Yrs old male patient here for new patient evaluation

1. Chronic cough (Primary)

Dry cough for a few months

Advised CXR

Tx as if he has seasonal allergies

Consider PPI if not improving (at times has heartburn but not consistently)

- XR CHEST PA/LATERAL; Future

2. Chronic scapular pain

Will refer to PT for further evaluation

- OUTPATIENT REFERRAL TO ATHLETICO PHYSICAL THERAPY (EXTERNAL);
Future

3. Hyperpigmented skin lesion

Incidentally noted some skin lesions in back while examining scapular area -- see pics
above

Will send to derm for further eval

- OUTPATIENT REFERRAL TO DERMATOLOGY; Future

Return in about 2 months (around 6/3/2025), or if symptoms worsen or fail to improve,
for f/up cough, back pain.

Nymisha Rao, MD
Family Medicine

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