

Introduction:**Admission Date:** 10/18/2023**Chief Complaint:** I am here to complete a sleep study**Care Team Identification:****Inpatient Service Team:** NIMH - Adult Mood Disorders**Inpatient Service Attending:** Zarate, Carlos**Inpatient Service Primary Provider:** Page, Emily**History of Present Illness:**

History of Present Illness: Mr. Sooklal is a 32 year-old male who self-presents to NIH for an elective inpatient admission for participation sleep studies under 01-M-0254 as a healthy volunteer. Consent for 01-M-0254 was obtained by Emily Page NP. Questions were answered to the subject's satisfaction at initial consent, and the subject signed consent for 01-M-0254. He previously completed screening procedures under 01-M-0254 on 2/8/2023. The subject currently describes his mood as "happy, pleasant, and calm" and denies having any depression or anxiety. Rates both depression and anxiety a "0". Denies any problems with appetite, or energy. Reports he sleeps about 7 hours per night and feels well rested in the morning. Denies suicidal ideations or passive death wish thoughts. Denies homicidal ideations. Denies any hx of manic/hypomanic symptoms. Denies any past or present psychotic symptoms including auditory or visual hallucinations or delusional thinking. Denies any PTSD symptoms. Denies hx of eating disorders. Denies any physical complaints. He reports he completed a marathon on Sunday, 10/15 and that he feels he has recovered well from the marathon. He reports he feels back to his baseline level of health and denies having muscle pains or soreness. He denies being an NIMH employee or having family members who are NIMH employees.

Psychosocial History:**Social History:** Positive**Habits:** Alcohol use**Pattern of Alcohol Use:** Drinks socially (2 drinks about 2 times per week)**Domestic Environment:** Lives alone

Social History Comments: Born and raised in Baltimore, MD. Subject currently lives alone in College Park, MD. He works FT as a software engineer. He reports having a flexible schedule which allows him to also participate in research studies. He graduated from UMD with a BS in computer science. He denies any military experience or history of legal issues. He denies any history of abuse, neglect, or assault. Denies tobacco or drug use. Reports caffeinated beverage intake is 1 soda per day.

Medical/Surgical History:**Past Medical History:** Positive**Past Medical History Comments:** Medical Conditions: denies any chronic medical problems

Surgeries: Lasik surgery: January 2014

Wisdom teeth removal: 2011

Hospitalizations: none

Fractures: denies

Head Injury History: denies

Seizures: denies

LOC: denies

Prior research participation: Currently doing recurring brain MRI studies with NIMH (no medication/ vaccine administration).

Tinnitus/hearing loss: denies

Family History:

Family History: Positive

Family History Comments: Denies FH of mood disorder, psychiatric disorder, or suicide attempt/suicide in any first degree relatives

Father: deceased from car accident age 56; no medical or psychiatric diagnoses

Mother: A&W

Sister: A&W

Sister: A&W

Transfusion History:

History of Blood Transfusion: No

Has Received >50 Units of PRBCs: No

History of Antibodies Against Red Blood Cells: No

Medications:

Medications: None

Allergies/Intolerances:

Allergies: ===== Allergies =====

No Known Allergies

Review Of Systems:

ROS General: Positive

General Symptoms: Weight loss

General Comments: Reports he lost about 20 lbs over the summer through planned diet/exercise changes. Weight loss was planned.

Skin: Negative

Ophthalmologic: Negative

ENMT: Negative

Respiratory And Thorax: Negative

Cardiovascular: Negative

Gastrointestinal: Negative

Genitourinary: Negative

Musculoskeletal: Negative

Neurological: Negative

Psychiatric: Negative

Hematology/Lymphatics: Negative

Endocrine: Negative

Immunologic: Negative

Physical Exam:

General/Skin/HEENT:

PE General: Detailed exam

General Details: No distress, Well-developed, Well-nourished and Well-groomed

Skin: Detailed exam

Skin Details: Warm and dry and Color normal

Eyes: Detailed exam

Eyes Details: PERRL/EOMI and Conjunctiva clear
Ears, Nose, Mouth, Throat: Detailed exam
Ears, Nose, Mouth, Throat Details: Left ear, Right ear, Nose, Mouth and Pharynx
Left External Ears: Normal
Left Ear Canal: Normal
Left Tympanic Membrane: Normal light reflex
Right External Ears: Normal
Right Ear Canal: Normal
Right Tympanic Membrane: Normal light reflex
Nose: Normal
Mouth: Normal mouth and gums
Pharynx: Normal
Tonsils: Normal
Head and Neck: Detailed exam
Neck Details: Normal thyroid gland

Breasts/Resp/CV/GI/GU:

Respiratory and Thorax: Detailed exam
Respiratory Details: Normal and Clear to auscultation bilaterally
Cardiovascular: Detailed exam
Cardiovascular Details: Regular rate and rhythm and No murmur
Extremities Details: Normal
Gastrointestinal: Detailed exam
Gastrointestinal Details: Soft, Nontender, Nondistended and No masses palpable

MS/Neuro/Psych/Lymph:

Musculoskeletal: Detailed exam
Musculoskeletal Details: Normal
Neurological: Detailed exam
Neurological Details: Alert and oriented x 3, Deep reflexes intact, Cranial nerves intact and Normal strength
Psychiatric: Detailed exam
Psychiatric Details: Affect/behavior appropriate
Lymphatics: Detailed exam
Lymphatics Details: Posterior cervical left, Posterior cervical right, Anterior cervical left, Anterior cervical right, Supraclavicular left and Supraclavicular right
Posterior Cervical Left: Normal
Posterior Cervical Right: Normal
Anterior Cervical Left: Normal
Anterior Cervical Right: Normal
Supraclavicular Left: Normal
Supraclavicular Right: Normal
Urine HCG: Not applicable
Additional Physical Exam: MENTAL STATUS EXAM:
Alert and oriented x3
Appearance: Casually dressed, well-groomed
Behavior: Pleasant and cooperative
Motor: No noted abnormalities
Speech: Normal rate, rhythm, volume, tone, amount and prosody
Mood: "happy, pleasant, calm"
Affect: Full range
Thought Content: No current suicidal/homicidal ideations
Thought Process: Linear and goal directed
Perceptions: Denies auditory or visual hallucinations
Insight: Good
Judgment: Good
Concentration/Memory/Cognition: Naming intact. Recent and remote memory intact. Attention and concentration intact.
Fund of knowledge average. Similarities intact. Abstractions intact and within normal limits.

Problems/Diagnostic Impression on Admission/Plan:

Impression: Mr. Sooklal is a 32 year-old male with no previous psychiatric history who presents for an elective inpatient admission for participation in an adaptation sleep study as a healthy volunteer under protocol 01-M-0254. The patient is not presenting with any acute psychiatric symptoms and he reports feeling safe on the unit and there are no acute safety concerns at this time. Patient voiced no specific complaints regarding the unit, staff, or treatment procedures when asked and he was instructed to bring up any questions or concerns at any time.

1. **Plan:** Protocols
 - a. Subject signed consent for 01-M-0254 and completed screening as an outpatient on 02/08/2023.
 - b. Subject signed consent for 01-M-0254 on 10/18/2023. He will complete adaptation sleep study on 10/18/2023. He will be discharged home 10/19/2023.
2. Clinical brain MRI was completed on 08/15/2023 and was within normal limits.
3. Drug abuse screen pending. Sars Cov 2/Flu PCR pending.
4. Current Medication:
 - a. Tylenol 325 to 650mg every 4 hours as needed for mild pain
5. Continue to monitor for symptoms and safety
6. Complete study tasks per protocol.

Electronic Signatures:

Page, Emily (CRNP) (Signed 10/18/2023 11:05)

Authored: *Introduction, History Of Present Illness, Psychosocial History, Medical/Surgical History, Family History, Transfusion History, Medications, Allergies, Review Of Systems, Physical Exam, Problems/Diagnostic Impression On Admission/Plan*

Last Updated: 10/18/2023 11:05 by Page, Emily (CRNP)