

Preventive Companion – Patient Record (Fictional)

Patient Details

- **Full Name:** Johnathan D. Motshegwa
- **Date of Birth:** 12 March 1990
- **Gender:** Male
- **Patient ID:** PC-2026-045
- **Phone:** +267 712 345 678
- **Email:** john.motshegwa@example.com
- **Address:** 45 Kgale Hill Road, Gaborone, Botswana

Medical History

- Known Allergies: Penicillin
- Chronic Conditions: None
- Past Surgeries: Appendectomy (2015)
- Family History: Hypertension (father), Diabetes (mother)

Current Visit Details

- **Visit Date:** 22 February 2026
- **Reason for Visit:** Routine check-up / preventive screening
- **Symptoms Reported:** None

Vitals

- Blood Pressure: 120/78 mmHg
- Heart Rate: 72 bpm
- Temperature: 36.8°C
- Respiratory Rate: 16 breaths/min
- Height: 1.78 m
- Weight: 75 kg
- BMI: 23.7

Examination Notes

- General Appearance: Healthy, alert, no signs of distress
- Cardiovascular: Heart sounds normal, no murmurs
- Respiratory: Lungs clear, normal breath sounds
- Abdomen: Soft, non-tender

- Musculoskeletal: Full range of motion, no swelling

Laboratory / Screening Tests

- Blood Glucose: 5.2 mmol/L (normal)
- Cholesterol: Total 4.8 mmol/L (desirable)
- HIV Test: Negative
- Urinalysis: Normal

Diagnosis / Impression

- Healthy adult male; no acute or chronic illness identified

Plan / Recommendations

1. Continue healthy lifestyle: balanced diet, exercise 3-4x/week
2. Annual check-up recommended
3. Maintain vaccination schedule (flu, Tdap boosters)
4. Monitor blood pressure and cholesterol every 12 months

Attending Clinician:

- **Name:** Dr. Tebogo N. Phiri
- **License #:** BOT/CLN/2020/1123
- **Signature:** _____
- **Date:** 22 February 2026