

Comprehensive Assessment Results | Turned In

Advanced Health Assessment - Chamberlain, NR509-April-2018

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Started: Jun 10, 2018 | Patient Exam Time: 448 min

All Lines (734) Interview Questions (256) Statements (33) Exam Actions (445)

Hello my name is Sara and FNP student I will be conducting your interview today

Greet

06/10/18 3:17 PM
CDT

Hey.

What is your name

Question

06/10/18 3:17 PM
CDT

Tina Jones.

Your date of birth?

Question

06/10/18 3:17 PM
CDT

February 17th.

And how old are you?

Question

06/10/18 3:18 PM
CDT

I'm 28.



What brought you into the clinic today?

Question

06/10/18 3:23 PM

CDT



I came in because I'm required to have a recent physical exam for the health insurance at my new job.



Do you have any current health problems?

Question

06/10/18 3:23 PM

CDT



I don't have anything specific going on today. I mean, I still have asthma and diabetes, but both of those are under control. I'm taking good care of my health these days.



Where is your new job? (Clarified to what is your new job.)

Question

06/10/18 3:26 PM

CDT



I'm going to be an Accounting Clerk at Smith, Stevens, Stewart, Silver & Company. I'll be helping a more experienced accountant with her clients, and then eventually I'll get more responsibility, and build my own client list. I start in two weeks--I'm really excited!



That is great that you are excited

Empathize

06/10/18 3:27 PM

CDT



Thanks.



When was your last physical?

Question

06/10/18 3:28 PM

CDT



Let's see... I had two doctor's appointments earlier this year. About five months ago, I came in here for a check-up, and the nurse practitioner got me on metformin. Then a few weeks later I saw a gynecologist for a pap smear.



And what did your kind of gynecologist say?

Question

06/10/18 3:28 PM

CDT



She said everything looked good, except that I had PCOS, which the nurse here had said was possible. She started me on birth control, and it seems to be helping things.



How much birth control are you taking? (Clarified to How often do you take birth control.)

Question

06/10/18 3:29 PM

CDT



I take it every morning, with breakfast.



What is the name of your birth control? (Clarified to what was the name of the birth control pill you took.)

Question

06/10/18 3:29 PM
CDT



They're called Yaz.



Has your menstrual cycle improved since TAKING YAZ?

Question

06/10/18 3:30 PM
CDT



Now that I'm on the pill I'm getting my period every month.



That's great I am really glad that you are having your period every month

Empathize

06/10/18 3:32 PM
CDT



Thanks.



How long have you had asthma?

Question

06/10/18 3:32 PM
CDT



I've had asthma a long time... since I was really little.



What age were you diagnosed with asthma?

Question

06/10/18 3:32 PM
CDT



My doctor told me when I was pretty little... I think I was about two and a half? I used to have a lot of trouble with asthma attacks back then.



That sounds frightening

Empathize

06/10/18 3:33 PM
CDT



Thanks.



How do you manage your asthma?

Question

06/10/18 3:33 PM
CDT



I try to avoid things that give me breathing problems, but when my asthma starts to act up, I just use my inhaler.



What are your triggers for asthma?

Question

06/10/18 3:33 PM

CDT



Being around cats is the worst, but dust and running up stairs can make my breathing bad, too. I haven't had a full asthma attack in years, though.



What happens when you're around DUST?

Question

06/10/18 3:34 PM

CDT



I used to have a reaction when I was in a dusty house for a long time. . . I would get allergies, like sneezing and stuff, and then my asthma would act up. But that hasn't happened since I got my daily inhaler.



What daily inhaler do you use?

Question

06/10/18 3:34 PM

CDT



It's Flovent.



How much fLOVENT do you use a day (No matching questions found.)

Question

06/10/18 3:34 PM

CDT



How much flovent do you use? (No matching questions found.)

Question

06/10/18 3:35 PM

CDT



How often do you use flovent?

Question

06/10/18 3:35 PM

CDT



Twice a day. [Nurse confirmed: fluticasone propionate 88 mcg b.i.d./spray MDI]



When was your last dose of flovent?

Question

06/10/18 3:37 PM

CDT



Probably. . . well, not for my last period. Maybe for the one before? So six weeks ago?



when you last use flovent? (Clarified to when did you last use your inhaler.)

Question

06/10/18 3:38 PM

CDT



I used my Flovent inhaler this morning--I have to take it twice a day. My albuterol. . . I've maybe used it twice since I came in with those asthma problems. Once three months ago, and before that it had been months, too.



How much Albuterol do you use?

Question

06/10/18 3:40 PM
CDT



I do two puffs when I need it, but that rarely happens. [Nurse confirmed with Pharmacy: albuterol 90mcg/spray MDI]



How much metformin do you take ? (Clarified to how many milligrams of metformin did you take.)

Question

06/10/18 3:40 PM
CDT



It's 850 mg. And I take one pill, twice a day.



When did you last take Metformin?

Question

06/10/18 3:41 PM
CDT



I took it this morning.



When were you diagnosed with asthma?

Question

06/10/18 4:14 PM
CDT



My doctor told me when I was pretty little... I think I was about two and a half? I used to have a lot of trouble with asthma attacks back then.



Are you taking any other medication?

Question

06/10/18 4:15 PM
CDT



Um, I take a lot now, so let me list everything I take... I'm taking Yaz for birth control, metformin, and my daily inhaler. And I have the albuterol inhaler that I don't seem to need anymore.



That's good to hear (No matching questions found.)

Question

06/10/18 4:15 PM
CDT



That's good to hear

Empathize

06/10/18 4:15 PM
CDT



Thanks.



Are you using PEAK AND FLOW?

Question

06/10/18 4:16 PM

CDT



I haven't heard that term.



Do you feel like your asthma is well controlled?

Question

06/10/18 4:16 PM

CDT



Yeah, ever since I started using my daily inhaler and keeping track of my peak flow I've felt much more in control of my breathing.



great

Empathize

06/10/18 4:17 PM

CDT



Thanks.



How often do you use your Peak flow meter

Question

06/10/18 4:17 PM

CDT



Yeah, I have a peak flow meter at home, and I use it in the morning and at night and keep track of it on a chart.



What are your Peak flow meter results?

Question

06/10/18 4:17 PM

CDT



Yeah, I have a peak flow meter at home, and I use it in the morning and at night and keep track of it on a chart.



what are your peak flow averages? (Clarified to Do you check your peak flow regularly?).

Question

06/10/18 4:17 PM

CDT



Yeah, I have a peak flow meter at home, and I use it in the morning and at night and keep track of it on a chart.



What are your Peak flow meter results?

Question

06/10/18 4:18 PM

CDT



Yeah, I have a peak flow meter at home, and I use it in the morning and at night and keep track of it on a chart.



When was your last asthma attack

Question

06/10/18 4:20 PM

CDT



I haven't had any asthma problems, really, ever since I started on the daily inhaler. My last breathing problem was three months ago, probably, and it had been months before that.



Do you feel you're in good health now?

Question

06/10/18 4:21 PM

CDT



All of my health stuff is a lot better now. I feel like my diabetes is in control, I'm in better shape. . . I'm eating healthier. I'm less stressed. Things are going really well.



That sounds really great

Empathize

06/10/18 4:22 PM

CDT



Thanks.



It is important that you keep on this regimen in order to stay in Better Health

Educate

06/10/18 4:22 PM

CDT



Thanks for telling me.



When were you diagnosed with diabetes?

Question

06/10/18 4:22 PM

CDT



I was diagnosed when I was 24.



Sorry to hear that

Empathize

06/10/18 4:22 PM

CDT



Thanks.



How long have you been on Metformin?

Question

06/10/18 4:23 PM

CDT



I started taking it five months ago. I went in for my annual physical and talked with the nurse practitioner about taking better care of my diabetes.



It's really important to stay on track with your diabetes

Educate

06/10/18 4:23 PM

CDT



Thanks for telling me.



Do you check your blood sugars?



Yeah, I check it once a day, in the morning.



When did you last check your blood sugar?



I check it around the same time every morning.



What is your average blood sugar number?



My blood sugar's usually around 90.



Do you check your blood sugar before meals?



Yeah, I check it once a day, in the morning.



According to the American diabetic Association a morning blood glucose taken before meds for some who have diabetes should be around 80-130. So you're doing great with your blood sugar be 90



Thanks for telling me.



Do you have any side effects with the metformin?



Last time I took it I felt sick and gassy all the time, and it happened again when I started taking it, but now I eat yogurt every day and it seems to have helped.



A common reaction from metformin is flatulence so if the yogurt is helping with a side effect that's great



Thanks for telling me.

Question

06/10/18 4:23 PM
CDT

Question

06/10/18 4:23 PM
CDT

Question

06/10/18 4:24 PM
CDT

Question

06/10/18 4:24 PM
CDT

Educate

06/10/18 4:25 PM
CDT

Question

06/10/18 4:25 PM
CDT

Educate

06/10/18 4:27 PM
CDT



When did you start your birth control? (Clarified to how long have you been taking the pill.)

Question

06/10/18 4:27 PM
CDT



About four months ago. I went to the gynecologist, and she prescribed it.



Great following up on the gynecologist but we'd like you to do. American College of Obstetricians and Gynecologists to have an annual women's well exam to screen for things like cancer, STDs, or other conditions. Such as PCOS

Educate

06/10/18 4:29 PM
CDT



Thanks for telling me.



When was your last menstrual cycle?

Question

06/10/18 4:34 PM
CDT



Um... about two weeks ago.



Did you take your pill at the same time everyday?

Question

06/10/18 4:34 PM
CDT



I take it every morning, with breakfast.



How are your periods before you started birth control?

Question

06/10/18 4:35 PM
CDT



I used to have really bad cramps, but they're not so bad anymore, since I started the pill.



You take me over the counter medication? (Clarified to What kind of over the counter medicines do you take?)

Question

06/10/18 4:35 PM
CDT



I take Advil for cramps sometimes, though those have been a lot better because I'm on birth control.



How much Advil do you take?

Question

06/10/18 4:36 PM
CDT



I used to take a lot, but honestly I haven't really had to take it since I started birth control.



What kind of Advil do you take?

Question

06/10/18 4:36 PM

CDT



I just take the regular kind I think. It's not extra strength or anything.
[Nurse confirmed with Pharmacy: 3-4x ibuprofen 200mg]



Do you use any herbal products?

Question

06/10/18 4:37 PM

CDT



I don't take any supplements.



Do you take any vitamins?

Question

06/10/18 4:37 PM

CDT



I don't take any vitamins.



When was your first sexual encounter?

Question

06/10/18 4:38 PM

CDT



I was in high school. . . eighteen.



At what age should you start your menstrual cycle

Question

06/10/18 4:38 PM

CDT



I think I was eleven.



Have you ever been pregnant?

Question

06/10/18 4:38 PM

CDT



I've never been pregnant.



Are you currently in a relationship?

Question

06/10/18 4:38 PM

CDT



Yeah. I'm in a new relationship now, actually. It's been about a month.



Have you had sexual intercourse in the last month (Clarified to have you had sex in the last six months.)

Question

06/10/18 4:39 PM

CDT



It's been a few years, actually, but I have a boyfriend now who I like, and I think we'll probably start having sex soon.



Do you plan to use condoms? (Clarified to Will you use condoms when you have sex with your boyfriend.)

Question

06/10/18 4:39 PM
CDT



We'll use condoms for sure. . . I know he's been tested pretty recently, and it was clean, but I want us both to get tested again before I think about not using condoms.



Have you been tested for HIV?

Question

06/10/18 4:40 PM
CDT



No. I don't think I need one. I don't know anybody with HIV or AIDS.



Have you been tested for STDs?

Question

06/10/18 4:40 PM
CDT



Yeah, I'm sure they did those tests when I went for a pap smear before.



Did they test you for HIV when you went to the gynecologist? (No matching questions found.)

Question

06/10/18 4:41 PM
CDT



Have you noticed any new allergies?

Question

06/10/18 4:42 PM
CDT



No new allergies--just cats, dust, and penicillin.



Have you been having seasonal allergies?

Question

06/10/18 4:42 PM
CDT



I had those allergy problems I came in about a while ago. . . but that hasn't happened since.



Are you taking any medication for allergies?

Question

06/10/18 4:43 PM
CDT



Other than my two inhalers, I don't take anything for allergies.



How are you managing your diabetes?

Question

06/10/18 4:43 PM

CDT



I take metformin, exercise, eat healthy, and check my blood sugar.



That's great

Empathize

06/10/18 4:43 PM

CDT



Thanks.



Do you have enough supplies to monitor your blood glucose?

Question

06/10/18 4:43 PM

CDT



Yeah, I have enough.



Do you have difficulty breathing?

Question

06/10/18 4:44 PM

CDT



My breathing is fine right now.



Do you have any recent asthma symptoms?

Question

06/10/18 4:44 PM

CDT



My asthma has been so much better ever since I started using my daily inhaler--like, I can't believe I lived so long with the breathing problems I was having. I didn't even realize how bad they were until they went away, you know?



Have you had a headache recently?

Question

06/10/18 4:45 PM

CDT



I think taking better care of myself and getting these glasses have really helped--I haven't had a headache in a while.



That's great

Empathize

06/10/18 4:45 PM

CDT



Thanks.



When did you last visit the eye doctor?

**Question**

06/10/18 4:45 PM

CDT



I hadn't gone in a long while, but I went three months ago. She tested my vision and prescribed these glasses. I'm supposed to go back next year.



Yearly my doctor's visits are needed especially in diabetic patients for patients with any visual problems

Educate

06/10/18 4:46 PM

CDT



Thanks for telling me.



Did you get prescription glasses?

Question

06/10/18 4:46 PM

CDT



I went in to the eye doctor about three months ago, and she said I was near sighted and prescribed these glasses.



Do you like your glasses?

Question

06/10/18 4:47 PM

CDT



Yeah, they've definitely helped me.



Is your vision blurry?

Question

06/10/18 4:48 PM

CDT



Without my glasses, yeah, it's always blurry.



Have you had any surgeries?

Question

06/10/18 4:48 PM

CDT



I've still never had surgery.



Can you tell me how you stay healthy?

Question

06/10/18 4:48 PM

CDT



I've been really trying eat healthier, and I've been trying really hard to stay active, so I'm feeling pretty good about my lifestyle right now.



What types of things do you do to stay active?

Question

06/10/18 4:49 PM

CDT



I've been exercising more lately, actually. I try to go on a walk for thirty or forty minutes four or five times a week, and Selena and I go swimming at the Y once a week, too.



That sounds fun swimming

Empathize

06/10/18 4:49 PM

CDT



Thanks.



It's great that you are challenging yourself to exercise regularly. Exercising help keep our bodies active and strengthen muscles to reduce developing chronic conditions when combined with healthy eating habits and lifestyle choices

Educate

06/10/18 4:50 PM

CDT



Thanks for telling me.



What kind of foods do you typically eat?

Question

06/10/18 4:50 PM

CDT



Let's see... a muffin or pumpkin bread for breakfast, a sandwich for lunch, and some kind of meat with a veggie for dinner.



When was your last dental exam?

Question

06/10/18 4:51 PM

CDT



I finally went in five months ago, actually.



What did the dentist say?

Question

06/10/18 4:51 PM

CDT



I finally went in five months ago, actually.



How has your diet changed?

Question

06/10/18 4:52 PM

CDT



I'm not eating less, really, but I'm eating much healthier.



What is your average daily meal

**Question**

06/10/18 4:53 PM

CDT



It kind of depends on the meal, but I've been making a lot of meals from recipes I found on a blog for people with diabetes.

**Question**

06/10/18 4:53 PM

CDT



I've really improved my diet recently. I eat less carbs, and I don't eat sweets at all. I try to eat whole grains, and stuff that's low fat. I've found ways to prepare vegetables that I really like. I think I'm doing really well.

**Question**

06/10/18 4:53 PM

CDT



Well. . . for breakfast, a smoothie made with frozen fruit and yogurt or an egg on wheat toast with yogurt on the side. For lunch, I eat leftovers from dinner the night before, or I'll have a sandwich on wheat bread. Then for dinner, I'll have chicken or fish, usually, with vegetables and brown rice or quinoa on the side.

**Question**

06/10/18 4:54 PM

CDT



Sort of. I try to stay away from sweets and fast food. I'm not much of a salad person, but I try not to eat, like, pizza and French fries every day.

**Question**

06/10/18 4:54 PM

CDT



I don't really eat snacks that often anymore. If I do, it'll just be carrot sticks or an apple, something like that.

**Empathize**

06/10/18 4:55 PM

CDT



Thanks.

**Question**

06/10/18 4:55 PM

CDT



I was hungrier for a while because of my diabetes, but since I started taking medication for it, my appetite has been pretty normal.



The Experience nausea or vomiting?

Question

06/10/18 4:56 PM
CDT



I haven't thrown up in a long time.



Do you ever experience nausea?

Question

06/10/18 4:56 PM
CDT



No, I haven't been nauseous at all.



Have you noticed any weight changes?

Question

06/10/18 4:56 PM
CDT



I've lost weight recently, I think. . . I'm not, like, actively trying to lose weight, but I am trying to eat healthier and exercise for my diabetes.



That's great to hear

Empathize

06/10/18 4:56 PM
CDT



Thanks.



Are you having heart palpitations?

Question

06/10/18 4:57 PM
CDT



My heart has felt fine since I came in. . . I think limiting my caffeine really helped.



That sounds great

Empathize

06/10/18 4:57 PM
CDT



Thanks.



Have you been having heart palpitations recently?

Question

06/10/18 4:57 PM
CDT



My heart has felt fine since I came in. . . I think limiting my caffeine really helped.



How have you been treating your hypertension?

Question

06/10/18 4:58 PM

CDT



I've been eating better and exercising more, so I feel like my blood pressure is probably better--someone checked it a few months ago and said it was fine.



Good to hear.

Empathize

06/10/18 4:58 PM

CDT



Thanks.



Are your vaccinations up-to-date?

Question

06/10/18 5:00 PM

CDT



I'm pretty sure I am, yeah.



When was your last tetanus shot?

Question

06/10/18 5:00 PM

CDT



I got a tetanus booster about a year ago.



What was your last influenza vaccine?

Question

06/10/18 5:00 PM

CDT



Oh, probably five or six years ago.



Would you like to influenza vaccine?

Question

06/10/18 5:00 PM

CDT



Not today, but I guess I should consider it.



It is very important to have your influenza shot every year especially patients with diabetes or any type of immune disorder

Educate

06/10/18 5:01 PM

CDT



Thanks for telling me.



Have you had heartburn recently?

Question

06/10/18 5:02 PM

CDT



I haven't had any heartburn in a few months. . . and never anything as bad as when I came in for it.

**Question**

06/10/18 5:03 PM

CDT



I was prescribed, um. . . Zantac. And it seems to have worked because I haven't had any problems.

**Question**

06/10/18 5:03 PM

CDT



I took the Zantac for about a month, and then I stopped. I haven't had any problems since then.

**Question**

06/10/18 5:04 PM

CDT



I came in for it a while ago. . . I was helping my friend Selena move, and I tweaked my back as I lifted a box. It really hurt for about a week, but I saw a physical therapist and he gave me some stretches and told me to heat and ice it, and it went away.

**Question**

06/10/18 5:04 PM

CDT



I came in for it a while ago. . . I was helping my friend Selena move, and I tweaked my back as I lifted a box. It really hurt for about a week, but I saw a physical therapist and he gave me some stretches and told me to heat and ice it, and it went away.

**Question**

06/10/18 5:05 PM

CDT



Yeah, I've really been trying not to drink too much caffeine lately.

**Question**

06/10/18 5:06 PM

CDT



I don't drink coffee. . . it's too bitter.



What caffeinated drinks do you like?

Question

06/10/18 5:06 PM

CDT



I still just drink diet Cokes.



How many Diet Cokes do you drink per day?

Question

06/10/18 5:06 PM

CDT



I don't drink every day--a couple times a month, I'll go out on the weekend and have a few drinks.



How many sodas do you drink the day?

Question

06/10/18 5:06 PM

CDT



I try not to have more than two diet Cokes a day, always before 1 P.M., though sometimes I'll have one in the early afternoon. . . never after 3 or 4, though.



Good to hear.

Empathize

06/10/18 5:07 PM

CDT



Thanks.



Do you drink alcohol?

Question

06/10/18 5:07 PM

CDT



I do sometimes, yeah, when I go out with my friends.



How many nights a week do you drink?

Question

06/10/18 5:08 PM

CDT



Just a couple times a month, really. Three at most.



How many dreams do you have in one sitting? (Clarified to How much alcohol do you usually drink in one sitting?.)

Question

06/10/18 5:08 PM

CDT



I never have more than two or three. If I go over that, I feel like hell the next day, so I stick to just a few.



What size are your alcoholic drinks?

Question

06/10/18 5:08 PM

CDT



Just the normal size you get at a bar.



What kind of alcohol do you drink question

Question

06/10/18 5:09 PM

CDT



I usually get rum and diet Coke. I don't know why that matters.



It is a question we have to ask

Educate

06/10/18 5:09 PM

CDT



Thanks for telling me.



Did you graduate from college?

Question

06/10/18 5:10 PM

CDT



I got my B.A. in accounting a few months ago.



Tell me more about your new job?

Question

06/10/18 5:11 PM

CDT



I'm going to be an Accounting Clerk at Smith, Stevens, Stewart, Silver & Company. I'll be helping a more experienced accountant with her clients, and then eventually I'll get more responsibility, and build my own client list. I start in two weeks--I'm really excited!



How do you feel about your new job?

Question

06/10/18 5:11 PM

CDT



I'm so excited about my new job. I think it's going to be a great experience, and I can't wait to learn how to do a bunch of new things.



That sounds exciting congratulations

Empathize

06/10/18 5:11 PM

CDT



Thanks.

 Question

06/10/18 5:12 PM

CDT

When do you start your new job?



It starts in two weeks.



Are you nervous? (No matching questions found.)

Question

06/10/18 5:12 PM

CDT



Are you nervous (No matching questions found.)

Question

06/10/18 5:12 PM

CDT



Are you nervous about your new job? (Clarified to are you excited about your new position.)

Question

06/10/18 5:12 PM

CDT



I'm feeling really good about my new job. . . I think it will be a lot of work, but I'm sure I'll manage.



What is your current living situation?

Question

06/10/18 5:13 PM

CDT



I've been back at my mom's house, but I'm moving into an apartment closer to my new job. The lease starts in about a month.



That sounds great

Empathize

06/10/18 5:13 PM

CDT



Thanks.



Have you ever lived independently? (Clarified to have you lived alone.)

Question

06/10/18 5:14 PM

CDT



Yeah, I lived with my friend Selena, and then when she moved I had my own place for a while.



How old were you when you live on your own? (No matching questions found.)

Question

06/10/18 5:15 PM

CDT



At what age did you live independently? (No matching questions found.)

Question

06/10/18 5:15 PM

CDT

Have you ever been married?

**Question**

06/10/18 5:15 PM

CDT



No, I've never been married.



Do you have any children?

Question

06/10/18 5:16 PM

CDT



I don't have any kids.



Do you have close friends?

Question

06/10/18 5:17 PM

CDT



I have a few friends I've known since middle or high school, and we're all pretty close. Plus I have my friends from church.



How close are you with your family?

Question

06/10/18 5:17 PM

CDT



Family's a big part of my life, so I'm pretty close to everyone. Mom and I have gotten a lot closer since Dad died, too. Now we're kind of a team.



I'm sorry to hear about your father

Empathize

06/10/18 5:18 PM

CDT



Thanks.



Are you still involved in church?

Question

06/10/18 5:18 PM

CDT



Yes. Now that I'm less busy, I have more time for doing extra stuff at church, which I like. I go every Sunday, and I'm back into my Bible study on Wednesday nights.



Are you feeling stressed?

Question

06/10/18 5:19 PM

CDT



I'm actually feeling really good lately. . . not stressed at all.



How do you cope with stress?

**Question**

06/10/18 5:19 PM

CDT



I've realized that I got kind of overwhelmed with everything back when I was having those sleep problems. Just coming in and talking to someone here about it helped a little because I felt like I was doing something. So I've been trying to address problems as they come when I can, and that helps. That, plus the stuff I've always done--going to church, especially--is all working well for me.



That's good to hear

Empathize

06/10/18 5:20 PM

CDT



Thanks.



Are you feeling depressed?

Question

06/10/18 5:20 PM

CDT



No, I'm actually feeling really good these days.



How do you feel about your life?

Question

06/10/18 5:20 PM

CDT



Well, I'm starting my new job in two weeks, and I'm really excited about that. I'm going to be an Accounting Clerk at this really nice accounting firm. I'm hoping I'll learn a lot in that position, and within a couple years, I'll get promoted and be given new responsibilities. I just always want to be learning new things and getting better at my job.



Are you feeling anxious?

Question

06/10/18 5:21 PM

CDT



I guess I had anxiety back when I was having those sleep problems. . . I've been feeling much better lately, though.



Are you still having difficulty falling asleep ?

Question

06/10/18 5:21 PM

CDT



I'm sleeping a lot better now, which is a relief.



Good to hear

Empathize

06/10/18 5:21 PM

CDT



Thanks.



How many hours are you sleeping a night?

Question

06/10/18 5:21 PM
CDT



I'm usually asleep by 11:30, and I wake up at 8, so... about 8 or 9 hours a night.



That's great

Empathize

06/10/18 5:22 PM
CDT



Thanks.



Have you ever used tobacco?

Question

06/10/18 5:23 PM
CDT



No, never.



Have you ever use cocaine?

Question

06/10/18 5:23 PM
CDT



No way, I have no interest in that. That stuff can mess you up.



Have you ever use heroin?

Question

06/10/18 5:23 PM
CDT



Uh, no.



Have you ever used illegal drugs?

Question

06/10/18 5:23 PM
CDT



Well, I used to smoke pot... but I don't do that anymore.



What was the last time you smoke pot

Question

06/10/18 5:24 PM
CDT



I haven't smoked pot since I was twenty or twenty-one.



Do you have any family history of mental illness?

Question

06/10/18 5:26 PM

CDT



No. They're crazy, but nobody's diagnosed with anything.



Any thoughts of suicide? (Clarified to have you ever had thoughts of suicide.)

Question

06/10/18 5:27 PM

CDT



No, I've never done that.



Any new family medical history to report.

Question

06/10/18 5:28 PM

CDT



My mom has some issues, and I think some of my grandparents did, too.



How old is your mom?

Question

06/10/18 5:30 PM

CDT



Mom is 50.



What medical problems does your mom have?

Question

06/10/18 5:30 PM

CDT



Mom has high cholesterol and blood pressure, I think. She seems to be doing okay though.



How old was your father when he died

Question

06/10/18 5:30 PM

CDT



Two-and-a-half years ago, when Dad passed, he was only 58.



I'm sorry to hear that

Empathize

06/10/18 5:31 PM

CDT



Thanks.



What medical problems did your father have?

Question

06/10/18 5:31 PM

CDT



He had high blood pressure and cholesterol, and diabetes too...the same kind as me.



How old is your brother?

Question

06/10/18 5:32 PM
CDT



He's almost 27.



If you have any medical problems?

Question

06/10/18 5:32 PM
CDT



I don't have anything specific going on today. I mean, I still have asthma and diabetes, but both of those are under control. I'm taking good care of my health these days.



Does your brother have any medical history?

Question

06/10/18 5:33 PM
CDT



No, I don't think so. He's a little big, maybe.



How old is your sister?

Question

06/10/18 5:33 PM
CDT



She's 15.



Does your sister have any medical problems?

Question

06/10/18 5:33 PM
CDT



She's pretty healthy. She has asthma but almost never has attacks.



How old is your maternal grandmother

Question

06/10/18 5:34 PM
CDT



Nana was 73 when she died of a stroke about five years ago. I think she had high blood pressure and cholesterol, too.



How old is your maternal grandfather

Question

06/10/18 5:35 PM
CDT



Poppa died of a heart attack when he was 80. . . he had some blood pressure and cholesterol issues when he was alive, too.

 Question

06/10/18 5:36 PM

CDT

Any medical history for your paternal grandmother



She takes some blood pressure pills, and I think she has high cholesterol, but Granny's doing great for 82.

 Question

06/10/18 5:36 PM

CDT

Any medical problems for your paternal grandfather (Clarified to does your dad's father have health issues.)



Grandpa Jones had colon cancer, and that caused all kinds of problems for him. Plus, he had high blood pressure, and...I'm pretty sure he had diabetes.

 Question

06/10/18 5:37 PM

CDT

Is Grandpa Jones still alive?



No, he died when I was really little.

 Empathize

06/10/18 5:37 PM

CDT

Thanks.



How old was Grandpa Jones when he died

06/10/18 5:37 PM

CDT

Let me think. He died when I was really little... I think he was in his mid-sixties. He died of colon cancer.



I'm sorry to hear that

06/10/18 5:38 PM

CDT

Thanks.



Have you had any recent illness?

06/11/18 12:49 PM

CDT

No... the last time I was sick was when I was having those heartburn problems a while ago.



Any fever?

Question

06/11/18 12:50 PM

CDT



I haven't had a fever.



Any chills?

Question

06/11/18 12:50 PM

CDT



Nope, no chills.



Any night sweats?

Question

06/11/18 12:50 PM

CDT



Nope, no night sweats.



Any acne?

Question

06/11/18 12:51 PM

CDT



I took something for my acne. . . tetracycline, I think, back in high school. Since then I've just washed my face, I haven't used anything special. But my zits have gotten better, and I think it's because I'm on birth control now.



Has your body hair improved?

Question

06/11/18 12:52 PM

CDT



I think I have a little less body hair than I used to.



How about facial hair?

Question

06/11/18 12:52 PM

CDT



I think it's been getting better recently, like the past couple months. The gynecologist said going on birth control could help it, since it would help with my PCOS.



How's the darkening on your neck?

Question

06/11/18 12:52 PM

CDT



I think it's been a couple years at this point.



how are the dark areas on your neck?

Question

06/11/18 12:53 PM

CDT



I think it's been a couple years at this point.



Are you having itchy eyes? (Clarified to do your eyes feel itchy.)

Question

06/11/18 12:54 PM

CDT



They haven't been itchy lately at all.



Are you have any redness in your eyes

Question

06/11/18 12:54 PM

CDT



My eyes haven't been red lately. . . not since I came in with those allergies a while ago.



Are your eyes dry?

Question

06/11/18 12:55 PM

CDT



My eyes don't feel dry.



Do you have any pain in your eyes

Question

06/11/18 12:55 PM

CDT



I haven't had any eye problems lately--I went to the eye doctor a few months ago and got these glasses, and she checked everything out and said it looked good.



Do you wear contacts?

Question

06/11/18 12:55 PM

CDT



Well, I have glasses now. . . I went to the eye doctor three months ago, and she prescribed them for me.



Are you having any ear problems

Question

06/11/18 12:56 PM

CDT



My ears feel fine.



Any changes in your hearing?

Question

06/11/18 12:56 PM

CDT



My hearing is good.



Any ear pain?

Question

06/11/18 12:56 PM

CDT



My ears feel fine.



Ear drainage? (Clarified to do you have drainage from your ears.)

Question

06/11/18 12:57 PM

CDT



Nothing is coming out of my ears.



Any changes in your sense of smell?

Question

06/11/18 12:57 PM

CDT



No.



Any nose bleeds?

Question

06/11/18 12:58 PM

CDT



Nope, my nose isn't bleeding at all.



Any sinus pressure?

Question

06/11/18 12:58 PM

CDT



My sinuses have been fine.



Runny nose?

Question

06/11/18 12:58 PM

CDT



No, my nose hasn't been running at all.



Has your sense of taste change?

Question

06/11/18 12:59 PM

CDT



No, I think my sense of taste is fine.



Are you having dry mouth



My mouth hasn't been dry.



A pain in your mouth



No, my mouth feels fine.



A sores in your mouth



Nothing's been wrong with my mouth.



Any issues with your gums?



My gums have been fine.



Any issues with your tongue?



My tongue feels fine.



Issues with your jaw?



My jaw feels fine.



Are you having difficulty swallowing?



I can swallow fine.

Question

06/11/18 12:59 PM
CDT

Question

06/11/18 12:59 PM
CDT

Question

06/11/18 12:59 PM
CDT

Question

06/11/18 1:00 PM
CDT

Question

06/11/18 1:01 PM
CDT

Question

06/11/18 1:01 PM
CDT

Question

06/11/18 1:02 PM
CDT



Sore throat?

Question
06/11/18 1:02 PM
CDT

No, it's fine.



Voice changes?

Question
06/11/18 1:02 PM
CDT

My voice has been fine.



Any swollen lymph nodes?

Question
06/11/18 1:03 PM
CDT

My lymph nodes seem fine.



Are you having any nausea?

Question
06/11/18 1:04 PM
CDT

No, I haven't been nauseous at all.



Any vomiting?

Question
06/11/18 1:04 PM
CDT

No.



Any pain in abdomen?

Question
06/11/18 1:04 PM
CDT

I haven't really had any stomach problems since I came in with them a while ago.



Any constipation?

Question
06/11/18 1:05 PM
CDT

I don't have that problem.



Any diarrhea?

Question
06/11/18 1:05 PM
CDT



I haven't had any problems with diarrhea.



Excessive flatulence



I haven't been having any gas lately. I had a little when I first started metformin, but I found out I could eat yogurt to help it, and it seems to have worked.



Any food intolerances?



I can eat just about anything.



Any burning when you urinate



No, it doesn't burn when I pee.



You get up in the middle of the night to pee (Clarified to How often do you wake up at night to urinate?).



Only once, if at all.



Are you peeing multiple times a day



I think I pee a normal amount. . . maybe five times during the day, and then once at night?



In blood in your urine



No! That doesn't sound like it would be good.



flank pain? (No matching questions found.)



amy flank pain (No matching questions found.)

Question

06/11/18 1:05 PM
CDT

Question

06/11/18 1:05 PM
CDT

Question

06/11/18 1:08 PM
CDT

Question
06/11/18 1:09 PM
CDT



are you having pain to flank area? (Clarified to are you having pain right now.)



I don't have any pain anywhere.



Any vaginal discharge?



My discharge is normal, I think. . . I have a little, and it's kind of clear, sometimes white-ish.



Vaginal itching?



No, it feels normal.



Are you having any problems with your breasts,



My breasts feel fine.



Have you noticed any lumps in your breast?



No.



Any pain in your breast?



No, my breasts feel fine.



Are you having any dizziness



I haven't been getting dizzy at all.

 Question

06/11/18 1:11 PM

CDT

Any lightheadedness



No, I don't really get lightheaded.

 Question

06/11/18 1:12 PM

CDT

Any tingling



Nope, no tingling.

 Question

06/11/18 1:12 PM

CDT

Loss of coordination



No. I mean, I'm clumsy, but it's not that bad.

 Question

06/11/18 1:12 PM

CDT

Loss of sensation (Clarified to Have you had changes in sensation?)



I haven't noticed any changes.

 Question

06/11/18 1:12 PM

CDT

any seizures



No, I've still never had problems with seizures, fortunately.

 Question

06/11/18 1:13 PM

CDT

Any problems with your equilibrium? (Clarified to do you have memory problems.)



I think my memory has been fine.

 Question

06/11/18 1:14 PM

CDT

any muscle pain



My muscles have felt great, especially since I started exercising more.

 Question

06/11/18 1:14 PM

CDT

joint pain



My joints always seem fine.



Any muscle weakness?

Question

06/11/18 1:14 PM
CDT



No, I haven't felt weak at all.



Any swelling?

Question

06/11/18 1:14 PM
CDT



Nothing is swollen.



Performed pulse oximetry

Exam Action

06/11/18 1:16 PM
CDT



Performed spirometry

Exam Action

06/11/18 1:16 PM
CDT

[Show more](#)

Comments

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