

Patient Information:

- **Name:** Henry Johnson
- **Age:** 52
- **Gender:** Male
- **Date of Visit:** 24th June 2024

Presenting Complaint:

- Lethargy and frequent urination.

History of Present Illness:

- Henry Johnson reports feeling unusually lethargic and fatigued for the past two months. He also notes an increase in urinary frequency, with the need to urinate more frequently throughout the day and night. He denies any recent changes in fluid intake, diet, or medication.

Medical History:

- Hypertension
- Hyperlipidemia

Current Medications:

- Lisinopril 10 mg once daily
- Atorvastatin 20 mg once daily

Allergies:

- No known drug allergies

Physical Examination:

- **General:** Appears tired, in moderate distress due to fatigue
- **Vital Signs:**
 - Blood Pressure: 130/80 mmHg
 - Heart Rate: 76 bpm
 - Respiratory Rate: 18 breaths per minute
 - Temperature: 98.7°F
- **Skin:** No significant findings
- **Neurological:** Alert but appears fatigued
- **Abdominal Exam:** No abnormalities noted; no tenderness or distension

Diagnostic Tests:

- **Complete Blood Count (CBC):**
 - White Blood Cell Count (WBC): 7,500 / μ L (within normal range)
 - Hemoglobin (Hb): 13.5 g/dL
 - Platelet Count: 250,000 / μ L
- **Comprehensive Metabolic Panel (CMP):**
 - Electrolytes, kidney function, and liver function tests pending
- **Urinalysis:**
 - Results pending

Treatment Plan:

1. **Further Testing:**
 - **Urine Culture:** To rule out any urinary tract infections.
 - **Thyroid Function Tests:** To assess thyroid-related causes of fatigue.
2. **Lifestyle Recommendations:**
 - Increase water intake and monitor fluid balance.
 - Maintain a balanced diet and avoid excessive sugar intake.
 - Regular physical activity to manage fatigue.
3. **Follow-Up:**
 - Schedule a follow-up appointment in 7 days to review test results and adjust treatment as necessary.
 - Urgent follow-up if symptoms worsen or if new symptoms develop.

Recommendations:

- Monitor and record daily fluid intake and urinary output.
- Report any significant changes in symptoms or new symptoms such as increased thirst

Doctor's Information:

- **Name:** Dr. Mike O'Brian
- **Specialization:** General Practitioner
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