

# Theo Armour Medical History Interview 2022-11-12

## Preface

In 2020-11-12 I was interviewed by nurse practitioner student, Diane Lesnik. Prior to our zoom, I asked Diane for her questions in writing. Diane asked a number of good questions. Below are her questions and my responses.

## Introduction

I will be asking you a number of questions related to your present and past health history as I prepare to enter practice. These are questions that I will be asking all of my patients. I will not be diagnosing, assessing, or making recommendations. This is an exercise providing an opportunity to organize my efforts for future history-taking in an outpatient medical setting. The information gathered will only be used as anonymous information as part of my training and learning as NP student. No personal identifier information will be shared.

There is nothing you really need to prepare unless you want to take the time to organize some of the following. I'll ask you the specifics to direct the interview.

## Questions

**Current problem(s) of primary concern, symptoms, how it's being treated, how it's affecting your life, your theory/fears regarding cause/nature of problem**

Generally: free from pain, able to pursue life, liberty and happiness with a minimum of impediments

Problems mostly relate to the wear and tear due to aging

- Skin
- Eyes
- Teeth
- Hearing
- Loss of strength, fall risk
- Weight
- Mentality and sanity

## Current medications and doses

- Esomeprazole 20 mg capsule per day
  - Commonly known as: NEXIUM
  - For dysphagia and internal bleeding
  - Experimenting with reduction from 40 mg per day
- Ketoconazole 2% Shampoo 120ml
- Ciclopirox 8 % topical solution nail polish

- Commonly known as: PENLAC
  - Apply topically nightly at bedtime to affected nails for fungal infection
- Triamcinolone Acetonide 0.1% Cream 454gm
  - <https://en.wikipedia.org/wiki/Triamcinolone>
  - [https://en.wikipedia.org/wiki/Triamcinolone\\_acetonide](https://en.wikipedia.org/wiki/Triamcinolone_acetonide)
- Vitamin D3 ~ 1000 IUD Vi

### **Concurrent Problems History:**

*problems, current and past as an adult (including how it was treated, type of clinician following, estimated date of diagnosis, whether controlled or not, complications, lab values*

- Skin rashes
- Psoriasis
- Toe fungus and ingrown toe nails
- Bending over too much

### **Past Conditions – significant resolved conditions**

- Eyeglasses for nearsightedness since 1960
- Partial paraplegic
- Left hand amputee
- Deep pockets around molars in gums
- Arthritis in hip
- Dysphagia & bleeding in diverticula
- Anemia
- Colon cancer
- Bursitis
- Hernia

### **Occupational illnesses/injuries; disability, compensation**

- None I can think of

### **Hospitalizations (include dates)**

- 1950 ~ Tonsillectomy
- 1955? ~ broken tibia
- 1968 ~ Wisdom teeth removal
- 1969 ~ Vertebrae T12 to L5 broken and fused; Both arms broken due to four story fall off roof
- 1972 ~ Badly cut left foot
- 2015 ~ Right hip arthroplasty
- 2016 ~ Blood in Stool
- 2017 ~ Colectomy for Level 0/1 cancer ~ did not reach lymph nodes
- 2018 ~ Bursitis
- 2018 ~ Blood in stool

- 2019 ~ Inguinal hernia

### **Surgical procedures (include dates)**

- 2000 ~ 2020 ~ Colonoscopies and endoscopies
- Dermato fibroma removal x ~20
- Keratosis pilaris ~ chicken skin ~ reduced symptoms with aging

### **Major accidental trauma**

See above

- 1995? Fall in shower

### **Current Medications (names, doses, routes, frequencies)**

- See above

### **Allergies and sensitivities to medications/supplements, food, and environmental allergens**

- Skin rashes due to Esomeprazole?

### **Healthcare Maintenance (include most recent dates)**

- Fairly frequent contact with UCSF primary care

#### *Immunizations*

- The usual
- Flu shots every year
- To do: shingles

#### *screening tests (e.g., cancer, diabetes, cholesterol, alcohol)*

- Usual blood and urine tests as and when symptoms appear

#### *Dental & eye exams*

- Yearly prosthodontist exam
- Yearly glaucoma exam

### **Non-occupational exposures – physical, chemical**

??

### **Travel to areas with endemic diseases**

- France 1948 to 1952
- UK 1971 to 1981 + travel through Europe
- Hong Kong 1981 to 1991 + travel
- USA 1991 to present

## **Transfusions/transfusion reactions**

- Many in 1969 / no memorable reactions

## **Medical Family History**

- Mother killed in car accident 1983
- Father died of throat cancer 1978
- Four grandparents died in their nineties
- Two sisters with cancer history and glaucoma

## **Occupational History**

- Registered Architect
- Software developer

## **Current and past employment**

- Software Developer and Maintainer for Ladybug Tools

## **Personal/Social History**

- Married 1981 to 2001
- Three daughters
- See about page: <https://theo-armour.github.io/#page/about.md>

## **Health-related behaviors: habits, health promotion, safety**

- Heavy smoker 1968 to 1993
- Self medicate with various alcohol delivery systems ;-)

## **Sexual history**

- Ordinary heterosexual life
- Celibate since 2001

## **Functional status (independent/assisted/dependent)**

- Living at the Heritage ~ independent living ~ since August 2020

## **Goals of care**

- Maintain a five year plan covering
  - Fitness
  - Diet
  - Sanity

## **Advance directives**

- Participant in UCSF Willed body program
- Advanced health care directive and power of attorney: daughter #2

- Will & trust need reviving

**Review of Systems:** questions about physical symptoms of each system (e.g. skin, eyes, head, ears, neck, chest, musculoskeletal, etc.)