



Warner Plaza Urgent Care
5995 Topanga Canyon Blvd.
Woodland Hills, CA 91367
Phone: (818) 888-7009

Kevin Perelman

Patient ID: 76825272 DOB: 02/19/1972 Sex: M Account No.:

Encounter ID: 164699750 Encounter Date: 06/02/2018

Encounter Type: Office Visit

SUBJECTIVE:

Chief Complaint: Physical examination
Fatigue

History Of Present Illness: 46 year old male presents to the clinic today for a routine physical examination. Patient reports he got out of jail yesterday and wants to do a complete physical examination for any signs of scars or abnormalities and blood work. Patient reports cough, loss of voice, nasal congestion, and fatigue. Patient reports an acute onset of symptoms 7 days ago.

Onset Date: 05/27/2018

Medical History: None

Surgical History: None

Family History: Patient's family history is unremarkable

Allergies: No known allergies

Current Medications: Currently not taking medications

Review of System:

Constitutional: Patient reports no fever, no night sweats, no significant weight gain, no significant weight loss, no chills, no shaking of the whole body (rigor), no excessive sweating, no exercise intolerance.

Head: Patient reports: no headache, no head trauma

Neck: Patient reports: no lumps, no pain, no stiffness.

Eyes: Patient reports: no dry eyes, no vision change, no eyes watering, no pain in or around the eyes, no irritation

Ears: Patient reports: no ringing in the ears (tinnitus), no ringing in the ears (tinnitus): buzzing, no difficulty hearing, no ear pain

Nose: Patient reports: no postnasal drip, no runny nose, no nasal congestion, no nosebleeds, no nose problems, no sinus problems

Mouth: Patient reports: no sores, no bleeding gums, no lip abnormalities, no mouth ulcers, no oral abnormalities, no teeth problems.

Throat: Patient reports: recent loss of voice, no painful or swollen lymph nodes, no frequent sore throat, no difficulty in swallowing.

Cardiovascular: Patient reports: no chest pain, no arm pain on exertion, no shortness of breath when walking, no shortness of breath when lying down, no palpitations, no chest discomfort, no known heart murmur, no chest burns, no palpitations, no swelling of legs, no heart murmur.

Respiratory: Patient reports: cough, no wheezing, no shortness of breath, no chest tightness or heavy pressure, no difficulty breathing (dyspnea), no coughing up blood, no sleep apnea.

Gastrointestinal: Patient reports: no abdominal pain, no diarrhea, no nausea, no vomiting, no constipation, normal appetite, no bloating, not vomiting blood, no dyspepsia, no GERD.

Genitourinary: Patient reports: no incontinence, no hematuria, no odor, no change in urine appearance, no hesitancy, no increased frequency/urgency, no bladder infections in past year, no pain / burning with urination, no trouble starting urinary stream, no frequent night urination, no past kidney stones/infection.

Patient reports: no testicular swelling, no prostate problems, no frequent urination:



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Musculoskeletal: Patient reports: fatigue, no numbness, no soreness, no arthralgias/joint pain, no back pain, no swelling

Integumentary(Skin and/or Breast): Patient reports: no abnormal mole, no edema, no jaundice, no rashes, no laceration.

Neurological: Patient reports: no loss of consciousness, no weakness, no numbness, no seizures/ convulsions, no dizziness, no migraines, no headaches, no fainting (syncope), no tremor.

Psychiatric: Patient reports: no depression, no sleep disturbances, feeling safe in a relationship, no alcohol abuse, no anxiety, no hallucinations, no suicidal thoughts.

Hematologic/Lymphatic: Patient reports: no swollen glands, no bruising, no excessive bleeding

Allergic/Immunologic: Patient reports: no runny nose, no sinus pressure, no itching, no hives, no frequent sneezing

OBJECTIVE:

Vital Signs:

Height: 67.00 in

Weight: 172.00 lbs

BMI: 26.94

Blood Pressure: 129/84 mmHg

Temperature: 98.70 F

Pulse: 94 beats/min

SpO2: 99

Physical Exam:

Constitutional: General Appearance: healthy-appearing, well-nourished, and well-developed. Level of Distress: NAD. Ambulation: ambulating normally.

Eye: Lids and Conjunctivae: no discharge or pallor and non-injected. Pupils: PERRLA. Corneas: grossly intact. Fundoscopic: normal vessels and optic discs, no exudates or hemorrhages, and grossly normal except where noted. EOM: EOMI. Lens: clear. Sclerae: non-icteric. Vision: peripheral vision grossly intact and acuity grossly intact.

Ears, Nose, Mouth, and Throat: Ears: no lesions on external ear, EACs clear, TMs clear, and TM mobility normal. Hearing: no hearing loss. Nose: no lesions on external nose, septal deviation, sinus tenderness, or nasal discharge and nares patent and nasal passages clear. Lips, Teeth, and Gums: no mouth or lip ulcers or bleeding gums and normal dentition. Oropharynx: no erythema or exudates and moist mucous membranes and tonsils not enlarged.

Neck: Neck: supple, FROM, trachea midline, and no masses.

Respiratory: Respiratory effort: no dyspnea. Percussion: no dullness, flatness, or hyperresonance. Auscultation: no wheezing, rales/crackles, or rhonchi and breath sounds normal, good air movement, and CTA except as noted.

Cardiovascular: Apical Impulse: not displaced. Heart Auscultation: normal S1 and S2; no murmurs, rubs, or gallops; and RRR. Neck vessels: no carotid bruits. Pulses including femoral / pedal: normal throughout.

Chest/Breasts: normal

Heart: normal

Gastrointestinal (Abdomen): Bowel Sounds: normal. Inspection and Palpation: no tenderness, guarding, masses, rebound tenderness, or CVA tenderness and soft and non-distended. Liver: non-tender and no hepatomegaly.

Spleen: non-tender and no splenomegaly. Hernia: none palpable.

Genitourinary: Male: Penis: no lesions or discharge. Scrotum: no swelling or tenderness. Testes: palpable bilaterally and not enlarged. Prostate: symmetrical, non-tender, not enlarged, and smooth / no nodules.



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Lymphatic: Cervical: no palpable lymph node enlargement, submandibular adenopathy, posterior cervical adenopathy, anterior cervical adenopathy, or supraclavicular adenopathy.

Musculoskeletal: Motor Strength and Tone: normal tone and motor strength. Joints, Bones, and Muscles: no contractures, malalignment, tenderness, or bony abnormalities and normal movement of all extremities.

Extremities: no cyanosis, edema, varicosities, or palpable cord. Back: Thoracolumbar Appearance: normal curvature.

Skin: Inspection and palpation: POSITIVE 2 CM SCAR ON RT ANTERIOR WRIST FROM PREVIOUS MOTORCYCLE ACCIDENT. NEGATIVE SELF MUTILATED SCARS. POSITIVE HAIR ALL OVER BODY. no rash, current lesions, ulcer, induration, nodules, jaundice, or abnormal nevi and good turgor. Nails: normal.

Extremities: normal

Neurological/Psychiatric: Gait and Station: normal gait and station. Cranial Nerves: grossly intact. Sensation: grossly intact and monofilament test intact. Reflexes: DTRs 2+ bilaterally throughout. Coordination and Cerebellum: finger-to-nose intact and no tremor.

ASSESSMENT:

Diagnosis:

ICD-10 Codes:

1)R05; Cough

2)R5383; Other fatigue

3)Z0000; Encounter for general adult medical examination without abnormal findings

PLAN:

Care Plan:

Today, I discussed the patient's treatment plan in great detail with them. Their questions have been answered, concerns have been addressed, and we have focused on goals and objectives on increasing their overall health.

1. Ordered chest X-ray with 2 views on-site. Patient consented. Awaiting official results from the radiologist.

2. Ordered EKG on-site. Patient consented. Results were WNL.

3. Provided the patient with blood work requisition to QUEST on-site. Patient consented. Results pending.

4. Patient was advised to follow up with their primary care physician and to return to the clinic if symptoms persist or condition worsens. Health education and current treatment options, including side effects and differential diagnoses, were discussed and provided for the patient. Current treatment option was advised with patient's informed consent.

Patient Instructions:

Patient will return to clinic in 3-5 days for lab results.

Intake Performed By:

R. OBNIAL R.T.

Scribed By:

A. Shrestha - M. Scribe

Date: _____

[Provider]: Aram Mkhitarian, DO