

Student Name: Ana Punsalan

Date: Nov. 18, 2019

Chief Complain: Sore Throat

Demographic Data:

Gender: Female

Age: 31

Race: Asian

Code Status: FULL Code

Allergies: Pollen and peanuts.

Past Medical History: Asthma

Past Surgical History: No past surgical history.

Social History:

Assistive Devices: Doesn't use assistive devices.

Smoking: Never smoked.

Alcohol: Drinks alcohol occasionally.

Drugs: No drug use.

History of Present Illness: Patient complains of sore throat that has been occurring for a week. She has tried Theraflu for her sore throat, but it isn't helping, and symptoms have been getting worse.

Review of Systems: (positives highlighted)

General	Fatigue, weight changes, fevers, chills, night sweats
Skin	Dryness, rashes, lesions, non-healing sores, hair changes, pruritus
HEENT	Headache, head injury, blurry vision, double vision, earache, drainage, change in hearing, nasal congestion, nose bleeds, nasal drainage, dry mouth, sore throat, swallowing difficulty
Cardiac	Chest pain, palpitations, diaphoresis, dyspnea, PND, Orthopnea, claudication
Respiratory	Wheezes, cough, difficulty breathing, increase in sputum production
GI	Nausea, vomiting, diarrhea, constipation, abdominal pain, heartburn, jaundice, Hematochezia, Melena
GU	Hesitancy, frequency, urgency, burning, hematuria, incontinence, flank pain, flow changes
MSK	Swelling, stiffness or soreness in joints, back or neck pain
Neuro	Weakness, numbness, LOC, syncope, dizziness, headache, coordination changes, recent falls

Vital Signs:

Temp: 97.9 °F

Pulse: 82

Resp: 18

BP: 128/86

Pain: 8/10

Weight: 140 lbs

Height: 5'4

Examination:

General: Appears alert and oriented, well groomed, no apparent distress.

Skin: No rashes or lesions, pink, warm, and dry, color is within the patient's norm, normal hair pattern and texture, no signs of alopecia, normal colored nails, nails are neatly groomed, no clubbing, capillary refill less than 3 seconds.

Head and Neck: Head and neck are symmetrical, trachea is midline without deviation, thyroid is not palpable bilaterally, no noted nodules bilaterally. Carotid pulses are palpable and strong bilaterally. No lymphadenopathy in the head or neck is noted bilaterally.

Eyes: Lids are moist and pink without lesions or discharge noted bilaterally, sclera is white bilaterally, cornea is clear bilaterally, conjunctiva is pink bilaterally, no visible drainage bilaterally, PERRLA, EOM's intact bilaterally, red light reflex present bilaterally, Roseburg L – 20/40; R – 20/50

Ears: Auricle is moist and pink without lesions noted bilaterally, canal is clear with pearly grey TM bilaterally.

Nose: Septum is midline, turbinates are moist and pink bilaterally, no visible bleeding or polyps bilaterally. Sinuses are nontender.

Throat: Posterior pharynx and tonsils are moist and pink without erythema or exudate noted. Uvula is midline, soft palate rises and falls symmetrically. Dentition is good, oral mucosa overall is moist and pink without lesions noted.

Cardiac: Clear S1 and S2 without murmurs, gallops, or rubs. PMI at 5th intercostal space at MCL.

Respiratory: Respirations are regular even and nonlabored, symmetrical, no wheezes or crackles noted bilaterally.

Abdominal: Soft, nontender, no organomegaly or masses. Bowel sounds are normoactive. No CVA tenderness.

Extremities: Pink, warm, dry, and symmetrical with full strength and ROM. Pulses are 2+ throughout. No edema bilaterally, No lymphedema present bilaterally, Homan's sign is negative bilaterally.

MSK: Full ROM, Active, Steady gait, Upper and lower extremities strength 5/5.

Neuro: Deep tendon reflexes 2+. Negative Romberg test. Cranial nerves II-XII are grossly intact.