

The Complete Health History and Physical Examination Documentation

Components	Description	Comments
Biographic data	J. A is a 52-year-old male. He is an American and speaks English. He was born in Bronx, New York. He is married. He is a truck driver.	
Source of history	The patient	
Reason for seeking care	Constant pain in the right upper side of the abdomen, and nausea and vomiting for the past 2 days	
Present health or History of Present Illness (HPI)	<p>John was eating a cheeseburger 2 days ago at his house when he suddenly felt a sharp constant pain on the right upper side of his abdomen shortly after. He was home alone. He reports that shortly after, he felt nauseous but did not vomit. The pain then dissipated after some hours, he ignored that it could be serious and did not seek help or tell anyone.</p> <p>Yesterday, he vomited and experienced constant stabbing pain from the right upper side of his abdomen and some pain on his right shoulder. He took painkillers to relieve the pain, which he says were not so effective. He had difficulty sleeping from the pain. This morning he had severe constant pain from the right side of his abdomen and also vomited. The color of the vomit was greenish. He says he also had a fever. He was then brought to the hospital by his wife this morning in a car.</p>	The patient might have a biliary, hepatic, or gallbladder problem
PMH	<p>Was diagnosed with high cholesterol 2 years ago, and Hypertension 4 years ago, both of which he no longer takes medications of.</p> <p>No childhood illnesses</p> <p>No major prior injuries or accidents</p> <p>Has never been hospitalized and has had no previous surgeries</p> <p>The patient has had Covid-19 Vaccines</p> <p>The patient last went for doctor checkups 2 years ago</p>	The patient should be assessed to determine if he still suffers from HTN and high cholesterol
Allergies	Patient reports allergic reaction to penicillin	No penicillin medication prescription
Medications	<p>Currently not on any medications</p> <p>The patient used HTN and Cholesterol drugs when he was diagnosed with the conditions. He does not know the names of the drugs he used.</p>	The patient should be assessed to determine if he still suffers from HTN and

	He stopped taking the drugs for both conditions 1 year ago	high cholesterol
FH	<p>Father deceased from a fatal stroke</p> <p>Mother diseased from natural causes</p> <p>The patient says that his wife and two sons are in generally good health.</p> <p>His younger sister 35 aged however, has suffered from gallstones and had to undergo surgery.</p>	His complaints might have a genetic connection
Functional Assessment/Social History	<p>Self-esteem: reports high self-esteem, and says that is what has pushed him through the years</p> <p>Exercise: takes walks occasionally when free</p> <p>Nutrition: not on any strict diet and eats a wide variety of foods</p> <p>Interpersonal relationships: reports good relationships both at work and home</p> <p>Coping and stress management: shoots guns at the shooting range when stressed</p> <p>Alcohol: social drinker</p> <p>Illicit or street drugs: none</p> <p>Environment/hazards: none</p> <p>Intimate partner violence: none</p>	
Perception of Health	Perceives health to be in good physical and mental state. He is mostly concerned about his abdominal pains and vomiting. his expectations of the doctors and nurses are that they will provide a solution to his health problems, both that which brought him to the hospital and those that may be found during treatment.	Will do anything to be in good health
ROS	<p>General: reports general good health apart from his chief complaints today</p> <p>Skin: no skin rashes or any other skin-related conditions</p> <p>Head, Eyes, ears, Nose, Throat (HEENT): no complaint</p> <p>Neck: right-sided neck pain</p> <p>Respiratory: no complaints</p> <p>Cardiovascular: no complaints</p> <p>Gastrointestinal: pain in the right side of the abdomen, vomiting</p> <p>Urinary: no complaints</p> <p>Genital: no complaints</p> <p>Peripheral Vascular: no complaints</p> <p>Musculoskeletal: pain in the right shoulder</p> <p>Psychiatric: no complaints</p> <p>Neurologic: no complaints</p> <p>Hematologic: no complaints</p> <p>Endocrine: no known hormonal imbalances or other endocrine conditions</p>	Generally reports good health, except for the abdominal pains and vomiting
Subjective	Symptoms: pain in the abdomen and right shoulder, fever, vomiting	

Objective	<p>Vital Signs BP: 151/99 BT: 38.5°C PR: 102bpm RR: 26 breaths/min HT: 5 feet, 10 inches WT: 79kg BMI: 24.99kg/m2 Pain level: 6/10 Oxygen Saturation: 91%</p>	The patient should be started on HTN meds
Physical Examination	<p>General survey: John Adams is anxious and generally in pain Skin, hair, and nails: no findings worth noting Head, Eyes, Ears, Nose, Throat (HEENT): no findings worth noting, except for jaundice on eye assessment Neck and lymph nodes: no swellings, no lymphadenopathies Thorax and lungs: high respiration rates, no other findings worth noting Heart and Neck Vessels: high pulse rates, no other findings worth noting Breasts: no masses, no lumps. Abdomen: tenderness in the epigastric region, pain in the right upper quadrant, no distention, normal abdominal sounds. No other findings worth noting Extremities: no findings worth noting Peripheral Vascular: high pulse rate Musculoskeletal: no findings worth noting Neurologic: no findings worth noting Genitalia and rectal: no findings worth noting</p>	Findings point toward hepatic or biliary system pathology
Assessment	One nursing diagnosis	Acute pain related to inflammation of the gallbladder/gallstone