

**Rendering Provider: Tejada, Ruben**  
**Practice: NWA Internal Medicine Clinic**  
**Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866**

**Visit Date: 1/25/2012**

**Patient: Rosales, Dilcia**  
**Po Box 2012, Rogers, AR, 72758**  
**Medical Record #: DOB: 12/2/1966 Sex: Female**  
**cell: (479)282-6178, Son: (479)439-3024**

**Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 1/29/2012 1:03:42 PM**

## CC

foot pain , onychomycosis , weight gain/obesity , malaise , low back pain , joint complaint , arthritis , fatigue , headache

pt c/o pain in her feet, especially the left foot.

## HPI

foot pain:

Location - on the left , on the right , on the plantar surface , plantar heel  
Quality - sharp pain , tenderness , throbbing , chronic , constant , worsening  
Timing of Episodes - in the morning , after periods of inactivity (poststatic) , after rest , after sleeping  
Onset and Resolution - gradual in onset  
Onset of Symptom - 4 months ago  
Frequency of Episodes - daily  
Limitation on Activities - restricts weight bearing activity  
Severity - severe  
Mechanism of injury - unknown  
Exacerbating Factors - dorsiflexion of the foot , plantar flexion of the foot , walking  
Initial treatment - NSAIDs  
Pertinent Positives - decreased range of motion , limping , pain with movement

weight gain/obesity:

Location - globally  
Quality - chronic  
Onset and Resolution - gradual in onset , ongoing  
Onset of Symptom - 1 years ago  
Weight Status - is 20% over IBW  
Frequency of Episodes - increasing  
Triggers - change in diet , unintentional weight gain  
Alleviating Factors - change in dietary habits , exercise , medication  
Pertinent Negatives - abdominal pain , constipation , nausea  
Pertinent Positives - fatigue

onychomycosis:

Location - on all toenails  
Quality - chronic  
Onset and Resolution - gradual in onset

malaise:

low back pain:

joint complaint:

arthritis:

fatigue:

headache:

## Current Medication:

Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (845.10) - C - SPRAIN OF FOOT UNSPEC [1/25/2012 - 5/23/2012]; UOM: Tablet

**Review of History**

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History, Immunization History, Menstrual History, Pregnancy History

**ROS**

Constitutional: no fever , no chills , **has fatigue** , **has malaise** , no weight loss , **has weight gain** , no anorexia , no weakness , no night sweats , no difficulty sleeping

Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , **has itchy eyes** , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , **has heartburn** , no belching , **has dyspepsia** , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , **has back pain** , **has myalgias** , **has arthralgias** , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , **has foot pain**

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: **has cold intolerance** , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections



Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### Vital Signs:

Created By: Gervacio, Baresi  
 Created Time: 1/25/2012 1:49:30 PM  
 Weight: 242 lb 5 oz clothed  
 Height: 5 ft 4 in  
 BMI: 41.59 Kg/m2  
 RR: 20 breath/min -quiet  
 SpO2: 98%  
 Heart Rate: - electronic  
 Sitting: 74 bpm regular  
 Blood Pressure: - electronic  
 Left Arm Sitting 151 / 63 mmHg

### PE

#### Constitutional:

general appearance-Overall: **mild distress**, well nourished , well developed , in no acute distress .

Development: appears stated age . Nourishment: **obese-android**.

#### Eyes:

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

#### Ears/Nose/Throat:

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

#### Neck:

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam .

Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major

salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

#### **Respiratory:**

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

#### **Cardiovascular:**

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

#### **Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy .

Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

axilla/arm nodes-Overall: epitrochlear non-tender , not enlarged , axillary non-tender , not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

inguinal nodes-Overall: inguinal non-tender , not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### **Musculoskeletal:**

head and neck-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

digits and nails-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender , without crepitus or defects , forearm non-tender , without crepitus or defects , hand non-tender , without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender , without crepitus or defects , forearm non-tender , without crepitus or defects , hand non-tender , without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender , without crepitus or defects , thigh non-tender , without crepitus or defects , foot non-tender , without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender , without crepitus or defects , thigh non-tender , without crepitus or defects , foot non-tender , without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a

normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: **tender** . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### **Neurologic:**

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam .

Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

#### **Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

#### **DX**

(278.01) - C - MORBID OBESITY

845.10 SPRAIN OF FOOT UNSPEC

(110.4) - C - DERMATOPHYTOSIS OF FOOT

(728.71) - C - PLANTAR FIBROMATOSIS

(110.1) - C - DERMATOPHYTOSIS OF NAIL

(703.8) - C - OT DISEASES OF NAIL

(780.79) - C - OT MALAISE/FATIGUE

(715.90) - C - OSTEOARTHRITIS UNSP SITE

(V70.0) - C - ROUTINE MEDICAL EXAM

(796.2) - C - PREHYPERTENSION

#### **Rx**

Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (845.10) - C - SPRAIN OF FOOT UNSPEC [1/25/2012 - 5/23/2012]; UOM: Tablet

#### **Services Performed**

(J3301) INJ Kenalog (steroid) 40 MG

Qty: 1

(NQF0024) Nutrition counseling

Qty: 1

(20610) DRAIN/INJECT JOINT/BURSA

Qty: 1

(99205) OFFICE/OUTPATIENT VISIT NEW

Qty: 1

**Return Visit After 1 months and as needed**

**Exercise:** Recommended Light; Evaluation of physical activities

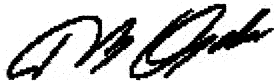
**Diet :** 1,200cal; Low fat, low cholesterol

**Patient Instruction**

pt. was instructed to come back in before her appointment to get some bloodwork done.

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Provider: Ruben Tejada 01/29/2012 01:03 PM



**Rendering Provider:** Tejada, Ruben  
**Practice:** NWA Internal Medicine Clinic  
**Address:** 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 **Phone:** (479)876-8866

**Visit Date:** 1/30/2012

**Patient:** Rosales, Dilcia  
**Po Box** 2012, Rogers, AR, 72758  
**Medical Record #:** DOB: 12/2/1966 **Sex:** Female  
**cell:** (479)282-6178, Son: (479)439-3024

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**Status:** Complete. **Rendering Provider:** Tejada, Ruben. **Billing Provider:** Tejada, Ruben. **Visit Last Saved:** 1/31/2012 12:03:27 PM

**Current Medication:**

Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (845.10) - C - SPRAIN OF FOOT UNSPEC [1/25/2012 - 5/23/2012]; UOM: Tablet

**Services Performed**

(36415) Venipuncture

Qty: 1

(99000) SPECIMEN HANDLING

Qty: 1

**Services Ordered**

(85027) COMPLETE CBC AUTOMATED (ORDERED)

Qty: 1

(17134) SPECIMEN ID NOTIFICATION MISSING SECOND ID (ORDERED)

Qty: 1

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**Provider:** Ruben Tejada 01/31/2012 12:04 PM



**Rendering Provider:** Tejada, Ruben  
**Practice:** NWA Internal Medicine Clinic  
**Address:** 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866

**Visit Date:** 2/1/2012

**Patient:** Rosales, Dilcia  
**Po Box 2012, Rogers, AR, 72758**  
**Medical Record #:** DOB: 12/2/1966 Sex: Female  
**cell: (479)282-6178, Son: (479)439-3024**

**Status:** Complete. **Rendering Provider:** Tejada, Ruben. **Billing Provider:** Tejada, Ruben. **Visit Last Saved:** 2/6/2012 11:38:24 AM

#### CC

follow up , foot pain

Follow up with laboratory results

#### HPI

follow up:

foot pain:

Location - on the left

Quality - improving

Frequency of Episodes - decreasing

Severity - mild

Significant Medical Conditions - obesity

#### Current Medication:

Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (845.10) - C - SPRAIN OF FOOT UNSPEC [1/25/2012 - 5/23/2012]; UOM: Tablet

#### ROS

**Constitutional:** has obesity , no fever , no chills , no fatigue , no malaise , no weight loss , no weight gain , no anorexia , no weakness , no night sweats , no difficulty sleeping

**Eyes:** no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

**Ears/Nose/Throat/Neck:** no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

**Cardiovascular:** no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

**Respiratory:** no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

**Gastrointestinal:** no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

**Genitourinary/Nephrology:** no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no

testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , no foot pain

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

**Vital Signs:**

Created By: Hopman, Lisa  
Created Time: 2/1/2012 1:40:56 PM  
Weight: 242 lb 0 oz clothed  
Height: 5 ft 4 in  
BMI: 41.54 Kg/m2  
RR: 18 breath/min -quiet  
SpO2: 97%  
Heart Rate:  
Sitting: 82 bpm regular  
Blood Pressure:  
Left Arm Sitting 132 / 54 mmHg

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Provider: Ruben Tejada 02/06/2012 11:38 AM





**Patient Name: Rosales, Dilcia****Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female****Phone: (479)282-6178**

| SP/SO Mapping                  | Laboratory | Template                 | Type        | Order Provider | Approved By | Approved On |
|--------------------------------|------------|--------------------------|-------------|----------------|-------------|-------------|
| (85027) COMPLETE CBC AUTOMATED | Quest      | COMPLETE CBC AUTOMATED_1 | Lab Results | Tejada, Ruben  |             |             |
| Notes                          | Results    | Ordered                  | Resulted    | Collected      | Received    | Performed   |
|                                | Abnormal   | 1/30/2012                | 2/1/2012    | 1/30/2012      | 2/1/2012    |             |

| Description            | Value | H/L | Normal (min) | Normal (max) | Unit        | Specimen Source | Comment |
|------------------------|-------|-----|--------------|--------------|-------------|-----------------|---------|
| WHITE BLOOD CELL COUNT | 10.7  | N   | 3.8          | 10.8         | Thousand/uL |                 |         |
| RED BLOOD CELL COUNT   | 3.71  | L   | 3.80         | 5.10         | Million/uL  |                 |         |
| HEMOGLOBIN             | 12.2  | N   | 11.7         | 15.5         | g/dL        |                 |         |
| HEMATOCRIT             | 38.1  | N   | 35.0         | 45.0         | %           |                 |         |
| MCV                    | 102.6 | H   | 80.0         | 100.0        | fL          |                 |         |
| MCH                    | 32.9  | N   | 27.0         | 33.0         | pg          |                 |         |
| MCHC                   | 32.1  | N   | 32.0         | 36.0         | g/dL        |                 |         |
| RDW                    | 13.8  | N   | 11.0         | 15.0         | %           |                 |         |
| PLATELET COUNT         | 303   | N   | 140          | 400          | Thousand/uL |                 |         |

**Patient Name:** Rosales, Dilcia  
**Medical Record #:** DOB: 12/2/1966 Age: 47 Years Gender: Female  
**Phone:** (479)282-6178



| Record Date     | Information Type           | Remark | Status | Description |
|-----------------|----------------------------|--------|--------|-------------|
| <u>2/2/2012</u> | Laboratory -<br>Laboratory |        |        |             |

**Laboratory - Laboratory - 2/18/2013**

Approved By:

Approved On:



Laboratory1

**Laboratory - Laboratory - 2/18/2013**

Approved By:

Approved On:



Laboratory

**Rendering Provider: Tejada, Ruben**  
**Practice: NWA Internal Medicine Clinic**  
**Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866**

**Visit Date: 2/6/2012**

**Patient: Rosales, Dilcia**  
**Po Box 2012, Rogers, AR, 72758**  
**Medical Record #: DOB: 12/2/1966 Sex: Female**  
**cell: (479)282-6178, Son: (479)439-3024**

**Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 2/6/2012 5:23:20 PM**

### CC

weight gain/obesity , fatigue

Pt f/u on lab results.

Pt would like to loose weight.

Pt c/o fatigue due to shift work

### HPI

weight gain/obesity:

Location - globally

Quality - constant

Onset and Resolution - gradual in onset

Onset of Symptom - 2 years ago

Weight Status - is 20% over IBW

Triggers - change in diet , unintentional weight gain

Alleviating Factors - change in dietary habits , exercise , medication

Pertinent Positives - cold intolerance , fatigue

fatigue:

Quality - intermittent

Onset and Resolution - gradual in onset , ongoing

Onset of Symptom - 2 years ago

Limitation on Activities - does not limit activities

Triggers - shift work , stress

Pertinent Positives - cold intolerance , easy bruising , headache

### Current Medication:

Synthroid 75 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Qty: 30 [2/6/2012 - 3/6/2012]; UOM: Tablet

Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/6/2012 - 5/5/2012]; UOM: Tablet

Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/6/2012 - 5/5/2012]; UOM: Tablet

Synthroid 75 mcg Tab; 1 Tablet(s); PO; daily; 30 days; Qty: 30 [2/6/2012 - 3/6/2012]; UOM: Tablet

Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (845.10) - C - SPRAIN OF FOOT UNSPEC [1/25/2012 - 5/23/2012]; UOM: Tablet

### Review of History

I have reviewed the Medical History, Infection History, Surgical History, Family History, Social History, Medication History, Allergy History

### ROS

Constitutional: **has obesity** , no fever , no chills , **has fatigue** , no malaise , no weight loss , **has weight gain** , no anorexia , no weakness , no night sweats , **has difficulty sleeping**

Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore

throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , no foot pain

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , **has ecchymosis** , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , **has nail changes** , **has nail deformity** , **has nail discoloration** , **has nail thickening** , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### Vital Signs:

Created By: Hopman, Lisa

Created Time: 2/6/2012 1:27:37 PM

Weight: 241 lb 0 oz clothed

Height: 5 ft 4 in

BMI: 41.37 Kg/m<sup>2</sup>

RR: 20 breath/min -quiet

SpO2: 99%  
 Heart Rate:  
 Sitting: 73 bpm regular  
 Blood Pressure:  
 Left Arm Sitting 153 / 69 mmHg

## PE

### Constitutional:

general appearance-Overall: well nourished , well developed , in no acute distress .

### Eyes:

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal , round , reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

### Ears/Nose/Throat:

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam .

Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam .

Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

### Neck:

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam .

Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

### Respiratory:

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion , no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

### Cardiovascular:

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong , bilaterally equal , no bruits . Left carotid pulse: a normal exam . Right

carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse

delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

#### **Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid** . Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy . Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

axilla/arm nodes-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .  
inguinal nodes-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### **Musculoskeletal:**

head and neck-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

digits and nails-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### **Integument:**

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

**Neurologic:**

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

**Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence . Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

**DX**

(110.1) - C - DERMATOPHYTOSIS OF NAIL

(110.4) - C - DERMATOPHYTOSIS OF FOOT

(244.8) - C - ACQUIRED HYPOTHYROIDISM

(780.79) - C - OT MALAISE/FATIGUE

(715.90) - C - OSTEOARTHRITIS UNSP SITE

(278.01) - C - MORBID OBESITY

(796.2) - C - PREHYPERTENSION

(845.10) - C - SPRAIN OF FOOT UNSPEC

(728.71) - C - PLANTAR FIBROMATOSIS

**Rx**

Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30, associated to (110.4) - C - DERMATOPHYTOSIS OF FOOT and (110.1) - C - DERMATOPHYTOSIS OF NAIL [2/6/2012 - 5/5/2012]; UOM: Tablet

Synthroid 75 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Qty: 30, associated to (244.8) - C - ACQUIRED HYPOTHYROIDISM [2/6/2012 - 3/6/2012]; UOM: Tablet

**Services Performed**

(NQF0024) Nutrition counseling

Qty: 1

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

**Return Visit After 1 months or as needed**

**Exercise: Recommended Regular**



**Diet :** Low fat, low cholesterol

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Provider: Ruben Tejada 02/06/2012 05:22 PM

A handwritten signature in black ink, appearing to read 'R. Tejada', is positioned below the provider information.

**Rendering Provider: Tejada, Ruben**  
**Practice: NWA Internal Medicine Clinic**  
**Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866**

**Visit Date: 3/13/2012**

**Patient: Rosales, Dilcia**  
**Po Box 2012, Rogers, AR, 72758**  
**Medical Record #: DOB: 12/2/1966 Sex: Female**  
**cell: (479)282-6178, Son: (479)439-3024**

**Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 3/13/2012 5:21:53 PM**

**CC**  
foot pain

Follow up with medications refills

**HPI**  
foot pain:  
Location - on the left  
Quality - sharp pain , constant  
Timing of Episodes - wakes-up from pain  
Severity - severe  
Significant Medical Conditions - obesity  
Significant Medications - antiinflammatories  
Exacerbating Factors - walking  
Pertinent Negatives - numbness , swelling  
Pertinent Positives - limping , tingling

**Current Medication:**

Synthroid 100 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Qty: 30, associated to (244.8) - C - ACQUIRED HYPOTHYROIDISM [3/13/2012 - 4/11/2012]; UOM: Tablet  
Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY [3/13/2012 - 4/11/2012]; UOM: Capsule  
Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/6/2012 - 5/5/2012]; UOM: Tablet  
Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/6/2012 - 5/5/2012]; UOM: Tablet  
Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (845.10) - C - SPRAIN OF FOOT UNSPEC [1/25/2012 - 5/23/2012]; UOM: Tablet

**Review of History**

I have reviewed the Medical History, Infection History, Surgical History, Family History, Social History, Medication History, Allergy History

**ROS**

Constitutional: **has fatigue , has malaise** , no weight loss , **has weight gain**

Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise

tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , no foot pain

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: **has cold intolerance**

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### Vital Signs:

Created By: Gervacio, Baresi  
 Created Time: 3/13/2012 1:17:36 PM  
 Weight: 242 lb 0 oz clothed  
 Height: 5 ft 4 in  
 BMI: 41.54 Kg/m2  
 RR: 18 breath/min -quiet  
 SpO2: 98%  
 Heart Rate:  
 Sitting: 75 bpm regular  
 Blood Pressure:  
 Left Arm Sitting 156 / 82 mmHg

### PE

#### Constitutional:

general appearance-Overall: well nourished , well developed , in no acute distress .

**Eyes:**

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

**Ears/Nose/Throat:**

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

**Neck:**

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam .

Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

**Respiratory:**

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

**Cardiovascular:**

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

**Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone , no masses , no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

penis-Overall: no lesions , no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate: normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy .

Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

axilla/arm nodes-Overall: epitrochlear non-tender , not enlarged , axillary non-tender , not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

inguinal nodes-Overall: inguinal non-tender , not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### **Musculoskeletal:**

head and neck-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

digits and nails-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### **Integument:**

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

#### **Neurologic:**

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .  
coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .  
cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .  
motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .  
**Psychiatric:**  
orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .  
behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam . Psychomotor activity: a normal exam .  
mood and affect-Overall: normal mood and affect . Affect: a normal exam .  
appearance-Overall: well-groomed, good eye contact .  
speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .  
attention-Overall: normal digit recall and number repeating .  
thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .  
cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence . Concentration: normal serial 7's . Abstract thinking: a normal exam .  
judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

**DX**

(244.8) - C - ACQUIRED HYPOTHYROIDISM  
(278.01) - C - MORBID OBESITY  
(110.4) - C - DERMATOPHYTOSIS OF FOOT  
(780.79) - C - OT MALAISE/FATIGUE  
(110.1) - C - DERMATOPHYTOSIS OF NAIL  
(715.90) - C - OSTEOARTHRITIS UNSP SITE  
(796.2) - C - PREHYPERTENSION

**Rx**

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY [3/13/2012 - 4/11/2012]; UOM: Capsule  
Synthroid 100 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Qty: 30, associated to (244.8) - C - ACQUIRED HYPOTHYROIDISM [3/13/2012 - 4/11/2012]; UOM: Tablet; Sample was given

**Services Performed**

(J3301) INJ Kenalog (steroid) 40 MG  
Qty: 1  
(99214) OFFICE/OUTPATIENT VISIT EST  
Qty: 1

**Services Ordered**

(77057) MAMMOGRAM SCREENING (ORDERED)  
Qty: 1

**Return Visit After 1 months**

**Exercise:** Recommended **Diet :** Low fat, low cholesterol

**Specific Instructions**

1: Thyroid and Parathyroid Glands: Illustration

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Provider: Ruben Tejada 03/13/2012 05:21 PM

*D. M. Clarke*



**Rendering Provider:** Tejada, Ruben  
**Practice:** NWA Internal Medicine Clinic  
**Address:** 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 **Phone:** (479)876-8866

**Visit Date:** 4/12/2012

**Patient:** Rosales, Dilcia  
**Po Box** 2012, Rogers, AR, 72758  
**Medical Record #:** DOB: 12/2/1966 **Sex:** Female  
**cell:** (479)282-6178, Son: (479)439-3024

**Status:** Complete. **Rendering Provider:** Tejada, Ruben. **Billing Provider:** Tejada, Ruben. **Visit Last Saved:** 4/13/2012 6:40:47 PM

**CC**  
obesity , hypothyroid

Pt. has lost 12 lbs in 4 weeks.

#### **HPI**

obesity:

- Location - diffusely
- Quality - improving
- Onset and Resolution - ongoing
- Onset of Symptom - during adulthood
- Severity - moderate
- Weight Status - is morbidly obese
- Significant Family History - hypertension
- Significant Medical Conditions - hypothyroidism
- Significant Medications - appetite suppressants
- Alleviating Factors - exercise , medication
- Exacerbating Factors - poor food choices , inactivity
- Pertinent Negatives - constipation , decreased energy , decreased exercise tolerance

hypothyroid:

- Quality - chronic
- Onset and Resolution - ongoing
- Onset of Symptom - during adulthood
- Severity - mild with subclinical signs
- Frequency of Episodes - daily
- Triggers - residence in an iodine deficient area
- Alleviating Factors - medication
- Pertinent Negatives - fatigue , hair loss , headache , increased need for sleep , nervousness , palpitations
- Pertinent Positives - hoarseness

#### **Current Medication:**

Astepro 0.15 % (205.5 mcg) Nasal Spray; 1 Spray; NASAL; daily; 30 days; Refills: 2; Qty: 1, associated to (477.9) - C - ALLERGIC RHINITIS UNSPEC [4/12/2012 - 7/10/2012]; UOM:

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30 [4/12/2012 - 5/11/2012]; UOM: Capsule

Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Qty: 30, associated to (244.8) - C - ACQUIRED HYPOTHYROIDISM [4/12/2012 - 5/11/2012]; UOM: Tablet

Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/6/2012 - 5/5/2012]; UOM: Tablet

Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/6/2012 - 5/5/2012]; UOM: Tablet

Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (845.10) - C - SPRAIN OF FOOT UNSPEC [1/25/2012 - 5/23/2012]; UOM: Tablet

#### **Review of History**

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening

## History, Social History, Medication History, Allergy History

**ROS**Constitutional: **has fatigue , has malaise , has weight gain**

Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , no foot pain

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

**Vital Signs:**

Created By: Gervacio, Baresi  
Created Time: 4/12/2012 1:28:57 PM  
Weight: 230 lb 0 oz clothed  
Height: 5 ft 4 in  
BMI: 39.48 Kg/m2  
RR: 18 breath/min -quiet  
SpO2: 98%  
Heart Rate: - electronic  
Sitting: 69 bpm regular  
Blood Pressure: - electronic  
Left Arm Sitting 127 / 66 mmHg

**PE****Constitutional:**

general appearance-Overall: well nourished , well developed , in no acute distress .

**Eyes:**

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

**Ears/Nose/Throat:**

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

**Neck:**

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam . Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

**Respiratory:**

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

**Cardiovascular:**

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

**Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

**Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

**Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

**Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy . Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

axilla/arm nodes-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

inguinal nodes-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### **Musculoskeletal:**

head and neck-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

digits and nails-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### **Integument:**

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

#### **Neurologic:**

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

#### **Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

#### **DX**

(278.01) - C - MORBID OBESITY

(244.8) - C - ACQUIRED HYPOTHYROIDISM

(477.9) - C - ALLERGIC RHINITIS UNSPEC

(110.4) - C - DERMATOPHYTOSIS OF FOOT

(110.1) - C - DERMATOPHYTOSIS OF NAIL

(715.90) - C - OSTEOARTHRITIS UNSP SITE

(796.2) - C - PREHYPERTENSION

#### **Rx**

Astepro 0.15 % (205.5 mcg) Nasal Spray; 1 Spray; NASAL; daily; 30 days; Refills: 2; Qty: 1, associated to (477.9) - C - ALLERGIC RHINITIS UNSPEC [4/12/2012 - 7/10/2012]; UOM:

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY [4/12/2012 - 5/11/2012]; UOM: Capsule

Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Qty: 30, associated to (244.8) - C - ACQUIRED HYPOTHYROIDISM [4/12/2012 - 5/11/2012]; UOM: Tablet; Sample was given

#### **Services Performed**

(99214) OFFICE/OUTPATIENT VISIT EST  
Qty: 1

**Return Visit After 1 months**

**Exercise:** Recommended **Diet :** Low fat, low cholesterol

**Specific Instructions**

1: Thyroid and Parathyroid Glands: Illustration

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Provider: Ruben Tejada 04/13/2012 06:40 PM





Rendering Provider: Tejada, Ruben  
Practice: NWA Internal Medicine Clinic  
Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866

Visit Date: 5/14/2012

Patient: Rosales, Dilcia  
Po Box 2012, Rogers, AR, 72758  
Medical Record #: DOB: 12/2/1966 Sex: Female  
cell: (479)282-6178, Son: (479)439-3024

Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 5/16/2012 11:45:07 AM

#### CC

Follow up on obesity , hypothyroid

#### HPI

Follow up on obesity:

Location - globally  
Quality - improving  
Onset and Resolution - ongoing  
Onset of Symptom - during adulthood  
Weight Status - has lost 11 pounds in 4 weeks  
Diet - is unchanged  
Significant Medical Conditions - hypothyroidism  
Significant Medications - appetite suppressants  
Triggers - social stressors , unintentional weight gain  
Alleviating Factors - change in dietary habits , exercise , medication  
Pertinent Positives - constipation , myalgias

hypothyroid:

Quality - chronic  
Onset and Resolution - ongoing  
Onset of Symptom - during adulthood  
Severity - mild with subclinical signs  
Frequency of Episodes - daily  
Triggers - residence in an iodine deficient area  
Alleviating Factors - medication  
Pertinent Negatives - fatigue , decreased energy , headache , nervousness , palpitations

#### Current Medication:

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY; rx given. [5/15/2012 - 6/13/2012]; UOM: Capsule  
Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY and (244.8) - C - ACQUIRED HYPOTHYROIDISM [5/15/2012 - 6/13/2012]; UOM: Tablet  
Astepro 0.15 % (205.5 mcg) Nasal Spray; 1 Spray; NASAL; daily; 30 days; Refills: 2; Qty: 1, associated to (477.9) - C - ALLERGIC RHINITIS UNSPEC [4/12/2012 - 7/10/2012]; UOM:  
Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (845.10) - C - SPRAIN OF FOOT UNSPEC [1/25/2012 - 5/23/2012]; UOM: Tablet

#### Review of History

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History, Specialty History

#### ROS

Constitutional: **has obesity** , no fever , no chills , no fatigue , no malaise , no weight loss , no weight gain , no anorexia , no weakness , no night sweats , no difficulty sleeping  
Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid



drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , no foot pain

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### Vital Signs:

Created By: Brown, Tabi

Created Time: 5/15/2012 8:34:25 AM

Weight: 219 lb 5 oz clothed

Height: 5 ft 4 in

BMI: 37.64 Kg/m2  
 RR: 18 breath/min -quiet  
 SpO2: 97%  
 Heart Rate: - electronic  
 Sitting: 87 bpm regular  
 Blood Pressure: - electronic  
 Left Arm Sitting 124 / 66 mmHg

## PE

### Constitutional:

general appearance-Overall: well nourished , well developed , in no acute distress .

### Eyes:

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

### Ears/Nose/Throat:

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

### Neck:

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam . Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

### Respiratory:

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

### Cardiovascular:

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial

gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

#### **Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy .

Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left

supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .  
axilla/arm nodes-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .  
inguinal nodes-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### Musculoskeletal:

head and neck-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

digits and nails-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

**Integument:**

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

**Neurologic:**

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

**Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

**DX**

(244.8) - C - ACQUIRED HYPOTHYROIDISM

(278.01) - C - MORBID OBESITY

(780.79) - C - OT MALAISE/FATIGUE

(715.90) - C - OSTEOARTHRITIS UNSP SITE

(796.2) - C - PREHYPERTENSION

(477.9) - C - ALLERGIC RHINITIS UNSPEC

**Rx**

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY; rx given. [5/15/2012 - 6/13/2012]; UOM: Capsule

Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY and (244.8) - C - ACQUIRED HYPOTHYROIDISM [5/15/2012 - 6/13/2012]; UOM: Tablet; DAW

**Services Performed**

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

**Return Visit After 1 months**

**Exercise: Recommended Diet : 1,200cal**

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Provider: Ruben Tejada 05/16/2012 11:44 AM

*D. B. O'Connell*

Rendering Provider: Tejada, Ruben  
Practice: NWA Internal Medicine Clinic  
Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866

Visit Date: 10/31/2012

Patient: Rosales, Dilcia  
Po Box 2012, Rogers, AR, 72758  
Medical Record #: DOB: 12/2/1966 Sex: Female  
cell: (479)282-6178, Son: (479)439-3024

Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 10/31/2012 6:22:33 PM

CC  
foot pain

Having foot pain

#### HPI

foot pain:

Location - on the left  
Quality - constant  
Timing of Episodes - in the morning  
Onset and Resolution - gradual in onset  
Onset of Symptom - 1 weeks ago  
Frequency of Episodes - daily  
Severity - moderate  
Significant Medical Conditions - obesity  
Significant Medications - NSAID's  
Mechanism of injury - unknown  
Exacerbating Factors - walking  
Pertinent Positives - clicking , pain with movement

#### Current Medication:

Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Refills: 1; Qty: 30, associated to (244.8) - C - ACQUIRED HYPOTHYROIDISM [10/31/2012 - 12/29/2012]; UOM: Tablet  
Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30; rx given. [10/31/2012 - 11/29/2012]; UOM: Capsule

#### Review of History

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History

#### ROS

Constitutional: **has obesity** , no fever , no chills , no fatigue , no malaise , no weight loss , no weight gain , no anorexia , no weakness , no night sweats , no difficulty sleeping

Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise



tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , **has foot pain**

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### Vital Signs:

Created By: Gervacio, Baresi

Created Time: 10/31/2012 1:17:47 PM

Weight: 203 lb 0 oz clothed

Height: 5 ft 4 in

BMI: 34.84 Kg/m2

RR: 18 breath/min -quiet

SpO2: 98%

Heart Rate:

Sitting: 76 bpm regular

Blood Pressure:

Left Arm Sitting 112 / 67 mmHg



**PE****Constitutional:**

**general appearance**-Overall: well nourished , well developed , in no acute distress .

**Eyes:**

**ophthalmoscopic exam**-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

**conjunctiva/eyelids**-Overall: conjunctiva clear , cornea clear , eyelids normal .

**pupils and irises**-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam .

Right pupil: a normal exam .

**Ears/Nose/Throat:**

**external ear**-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

**external nose**-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

**otoscopic exam**-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

**hearing assessment**-Overall: hearing intact bilaterally . Weber: a normal exam .

**internal nose**-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

**lips/teeth/gingiva**-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam .

Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

**oral cavity/pharynx/larynx**-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

**Neck:**

**thyroid**-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam .

Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

**inspection of neck**-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

**Respiratory:**

**percussion**-Overall: benign percussion .

**palpation of chest**-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

**auscultation**-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

**respiratory effort/rhythm**-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

**Cardiovascular:**

**auscultation of heart**-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

**inspection of carotid pulses**-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

**palpation of heart**-Overall: apical impulse location normal , no heave/lift .

**inspection of femoral pulses**-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

**inspection of abdominal aorta**-Overall: normal diameter . Palpation: normal diameter .

**inspection of pedal pulses**-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

**Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

**Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

**Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

**Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy .

Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

axilla/arm nodes-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

inguinal nodes-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

**Musculoskeletal:**

head and neck-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic .

Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

digits and nails-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpal: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpal: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### Integument:

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

#### Neurologic:

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal

exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

**Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam . Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

**DX**

(728.71) - C - PLANTAR FIBROMATOSIS

(278.01) - C - MORBID OBESITY

(244.8) - C - ACQUIRED HYPOTHYROIDISM

726.71 ACHILLES TENDINITIS/BURSITIS

(780.79) - C - OT MALAISE/FATIGUE

(715.90) - C - OSTEOARTHRITIS UNSP SITE

(796.2) - C - PREHYPERTENSION

(110.4) - C - DERMATOPHYTOSIS OF FOOT

**Rx**

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY; rx given. [10/31/2012 - 11/29/2012]; UOM: Capsule

Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Refills: 1; Qty: 30, associated to (244.8) - C - ACQUIRED HYPOTHYROIDISM [10/31/2012 - 12/29/2012]; UOM: Tablet; DAW

**Services Performed**

(J3301) INJ Kenalog (steroid) 40 MG Inject by Dr.Tejada

Qty: 1

(20550) INJ TENDON SHEATH/LIGAMENT

Qty: 1

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

**Return Visit After 1 months**

**Plan Note:**

1 kenalog injection in left heel

**Exercise: Recommended Diet : 1,200cal**

Provider: Ruben Tejada 10/31/2012 06:26 PM

A handwritten signature in black ink, appearing to read 'R. Tejada', is located in the upper left quadrant of the page.

Rendering Provider: Tejada, Ruben  
Practice: NWA Internal Medicine Clinic  
Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866

Visit Date: 12/18/2012

Patient: Rosales, Dilcia  
Po Box 2012, Rogers, AR, 72758  
Medical Record #: DOB: 12/2/1966 Sex: Female  
cell: (479)282-6178, Son: (479)439-3024

Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 12/18/2012 5:57:41 PM

CC  
cough

Pt c/o cough that is worsening x 3 weeks

#### HPI

cough:

- Location - in the throat
- Quality - green , yellow sputum
- Onset and Resolution - ongoing
- Onset of Symptom - 3 weeks ago
- Limitation on Activities - moderately limits activities
- Frequency of Episodes - daily , increasing
- Timing of Episodes - upon awakening
- Occupational Exposure - work pt works in an area that is very cold
- Triggers - change of seasons
- Exacerbating Factors - cold exposure
- Pertinent Positives - insomnia , scratchy throat , chills , dry eyes , fatigue , fever , headache , malaise , nasal congestion , rhinorrhea

#### Current Medication:

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY; Rx in hand TB [12/18/2012 - 1/16/2013]; UOM: Capsule  
Voltaren 1 % Topical Gel; 1 Application; TOP; TID; 30 days; Refills: 3; Qty: 5 [11/2/2012 - 3/1/2013]; UOM: Tube  
Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Refills: 1; Qty: 30, associated to (244.8) - C - ACQUIRED HYPOTHYROIDISM [10/31/2012 - 12/29/2012]; UOM: Tablet

#### Review of History

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History

#### ROS

Constitutional: **has obesity** , no fever , no chills , no fatigue , no malaise , no weight loss , no weight gain , no anorexia , no weakness , no night sweats , no difficulty sleeping  
Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping  
Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , noodynophagia , no globus sensation , no change in smell , no change in taste  
Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no

claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity  
 Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes  
 Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools  
 Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness  
 Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , no foot pain  
 Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails  
 Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor  
 Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use  
 Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity  
 Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections  
 Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### Vital Signs:

Created By: Gervacio, Baresi  
 Created Time: 12/18/2012 3:14:25 PM  
 Weight: 188 lb 0 oz clothed  
 Height: 5 ft 4 in  
 BMI: 32.27 Kg/m2  
 Temperature: 97.6F  
 RR: 18 breath/min -quiet  
 SpO2: 98%  
 Heart Rate:  
 Sitting: 87 bpm regular  
 Blood Pressure:  
 Left Arm Sitting 127 / 69 mmHg



**PE****Constitutional:**

general appearance-Overall: well nourished , well developed , in no acute distress .

**Eyes:**

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

**Ears/Nose/Throat:**

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

**Neck:**

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam .

Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

**Respiratory:**

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

**Cardiovascular:**

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .



inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .  
extremities-Overall: no clubbing .

**Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

**Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

**Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

**Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy .

Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

axilla/arm nodes-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

inguinal nodes-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

**Musculoskeletal:**

**head and neck**-Overall: head atraumatic, TMJ benign, cervical spine benign. Head: atraumatic, normocephalic. Deformities: no deformities. Left TMJ: a normal exam, non-tender, full closing, normal alignment. Right TMJ: a normal exam, non-tender, full closing, normal alignment. Cervical Spine: a normal exam.

**digits and nails**-Overall: no clubbing, digits benign. Nails: a normal exam. Digits: a normal exam. Left First CMC: a normal exam. Right First CMC: a normal exam. Left DIPs: a normal exam, non-tender. Right DIPs: a normal exam, non-tender. Left PIPs: a normal exam, non-tender. Right PIPs: a normal exam, non-tender. Left MCPs: a normal exam, non-tender. Right MCPs: a normal exam, non-tender.

**right upper extremity**-Overall: right shoulder benign, right elbow benign, right wrist benign, upper arm non-tender, without crepitus or defects, forearm non-tender, without crepitus or defects, hand non-tender, without crepitus or defects, full strength in RUE, normal RUE bulk and tone. Inspection - right shoulder: a normal exam. Palpation - right shoulder: a normal exam. ROM - right shoulder: a normal exam. Stability - right shoulder: a normal exam. Muscle Strength/Tone - right shoulder: a normal exam. Inspection - right upper arm: a normal exam. Inspection - right elbow: a normal exam. Palpation - right elbow: a normal exam. ROM - right elbow: a normal exam. Stability - right elbow: a normal exam. Muscle Strength/Tone - right elbow: a normal exam. Inspection - right forearm: a normal exam. Inspection - right wrist: a normal exam. Palpation - right wrist: a normal exam. ROM - right wrist: a normal exam. Stability - right wrist: a normal exam. Muscle Strength/Tone - right wrist: a normal exam. Inspection - right carpals: a normal exam. Inspection - right metacarpals: a normal exam.

**left upper extremity**-Overall: normal left shoulder, normal left elbow, normal left wrist, upper arm non-tender, without crepitus or defects, forearm non-tender, without crepitus or defects, hand non-tender, without crepitus or defects, full strength in LUE, normal LUE bulk and tone. Inspection - left shoulder: a normal exam. Palpation - left shoulder: a normal exam. ROM - left shoulder: a normal exam. Stability - left shoulder: a normal exam. Muscle Strength/Tone - left shoulder: a normal exam. Inspection - left upper arm: a normal exam. Inspection - left elbow: a normal exam. Palpation - left elbow: a normal exam. ROM - left elbow: a normal exam. Stability - left elbow: a normal exam. Muscle Strength/Tone - left elbow: a normal exam. Inspection - left forearm: a normal exam. Inspection - left wrist: a normal exam. Palpation - left wrist: a normal exam. ROM - left wrist: a normal exam. Stability - left wrist: a normal exam. Muscle Strength/Tone - left wrist: a normal exam. Inspection - left carpals: a normal exam. Inspection - left metacarpals: a normal exam.

**right lower extremity**-Overall: right knee benign, right ankle benign, right foot benign, lower leg non-tender, without crepitus or defects, thigh non-tender, without crepitus or defects, foot non-tender, without crepitus or defects, full strength in RLE, normal RLE bulk and tone. Inspection - right thigh: normal appearance. Inspection - right knee: a normal exam. Palpation - right knee: a normal exam, no effusion. ROM - right knee: a normal exam. Stability - right knee: a normal exam. Muscle Strength/Tone - right knee: a normal exam. Inspection - right lower leg: normal appearance. Inspection - right ankle: a normal exam. Palpation - right ankle: a normal exam. ROM - right ankle: a normal exam. Stability - right ankle: a normal exam. Muscle Strength/Tone - right ankle: a normal exam. Inspection - right foot: a normal exam. Palpation - right foot: a normal exam. ROM - right foot: a normal exam. Stability - right foot: a normal exam. Muscle Strength/Tone - right foot: a normal exam.

**left lower extremity**-Overall: left knee benign, left ankle benign, left foot benign, lower leg non-tender, without crepitus or defects, thigh non-tender, without crepitus or defects, foot non-tender, without crepitus or defects, full strength in LLE, normal LLE bulk and tone. Inspection - left thigh: normal appearance. Inspection - left knee: a normal exam. Palpation - left knee: a normal exam, no effusion. ROM - left knee: a normal exam. Stability - left knee: a normal exam. Muscle Strength/Tone - left knee: a normal exam. Inspection - left lower leg: normal appearance. Inspection - left ankle: a normal exam. Palpation - left ankle: a normal exam. ROM - left ankle: a normal exam. Stability - left ankle: a normal exam. Muscle Strength/Tone - left ankle: a normal exam. Inspection - left foot: a normal exam. Palpation - left foot: a normal exam. ROM - left foot: a normal exam. Stability - left foot: a normal exam. Muscle Strength/Tone - left foot: a normal exam.

**spine, ribs and pelvis**-Overall: good posture, ribs benign, spine benign, sacroiliac joint benign, right hip benign, left hip benign. Posture: a normal exam. Ribs: a normal exam. Spine: a normal exam. Sacroiliac joints: a normal exam, nontender. Inspection - right hip: a normal exam. Palpation - right hip: a normal exam. ROM - right hip: a normal exam. Stability - right hip: a normal exam. Muscle Strength/Tone - right hip: a normal exam. Inspection - left hip: a normal exam. Palpation - left hip: a normal exam. ROM - left hip: a normal exam. Stability - left hip: a normal exam. Muscle Strength/Tone - left hip: a normal exam.

**gait and station**-Overall: normal gait, normal station.

**Integument:**

**inspection of skin**-Overall: no rash, lesions.

**palpation**-Overall: no induration, no tenderness. Face: non-tender. Neck: non-tender. Left arm: non-tender. Right arm: non-tender. Left hand: non-tender. Right hand: non-tender. Chest: non-tender. Back: non-tender. Buttock: non-tender. Left leg: non-tender. Right leg: non-tender. Left foot: non-tender. Right foot: non-tender.

**Neurologic:**

**deep tendon reflexes**-Overall: deep tendon reflexes intact.

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

#### **Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

#### **DX**

465.9 ACUTE URI UNSPEC

(278.01) - C - MORBID OBESITY

(244.8) - C - ACQUIRED HYPOTHYROIDISM

(780.79) - C - OT MALAISE/FATIGUE

(715.90) - C - OSTEOARTHRITIS UNSP SITE

(703.8) - C - OT DISEASES OF NAIL

(796.2) - C - PREHYPERTENSION

#### **Rx**

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY; Rx in hand TB [12/18/2012 - 1/16/2013]; UOM: Capsule

#### **Services Performed**

(J0696) INJ Rocephin (ceftriaxone sodium), per 500 mg Inject by BG

Qty: 1

(96372) THER/PROPH/DIAG INJ SC/IM

Qty: 1

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

**Return Visit After 1 months**

**Exercise: Recommended Diet : 1,200cal**

#### **Specific Instructions**

1: Obesity: References

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Provider: Ruben Tejada 12/18/2012 06:01 PM

A handwritten signature in black ink, appearing to read "D. M. G. Jones".

**Patient Name: Rosales, Dilcia****Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female****Phone: (479)282-6178**

| Record Date | Information Type          | Remark | Status | Description |
|-------------|---------------------------|--------|--------|-------------|
| 12/18/2012  | Work Excuse - Work Excuse |        |        |             |

**Work Excuse - Work Excuse - 2/18/2013**

Approved By:

Approved On:

Work Excuse

**Patient Name: Rosales, Dilcia****Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female****Phone: (479)282-6178**

| Record Date | Information Type                                    | Remark | Status | Description |
|-------------|-----------------------------------------------------|--------|--------|-------------|
| 12/20/2012  | Family Medical Leave Act - Family Medical Leave Act |        |        |             |

**Family Medical Leave Act - Family Medical Leave Act - 2/18/2013**

Approved By:

Approved On:

A faint, illegible signature of Dilcia Rosales.

Family Medical Leave Act2**Family Medical Leave Act - Family Medical Leave Act - 2/18/2013**

Approved By:

Approved On:

A faint, illegible signature of Dilcia Rosales.

Family Medical Leave Act3**Family Medical Leave Act - Family Medical Leave Act - 2/18/2013**

Approved By:

Approved On:

A faint, illegible signature of Dilcia Rosales.

Family Medical Leave Act1**Family Medical Leave Act - Family Medical Leave Act - 2/18/2013**

Approved By:

Approved On:

A faint, illegible signature of Dilcia Rosales.

Family Medical Leave Act

**Rendering Provider: Tejada, Ruben**

**Practice: NWA Internal Medicine Clinic**

**Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866**

**Visit Date: 12/31/2012**

**Patient: Rosales, Dilcia**

**Po Box 2012, Rogers, AR, 72758**

**Medical Record #: DOB: 12/2/1966 Sex: Female**

**cell: (479)282-6178, Son: (479)439-3024**

**Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 1/5/2013 12:00:17 PM**

**CC**

cough

Has a cough with green phlem

**HPI**

cough:

Location - in the throat

Quality - green , chronic

Onset and Resolution - ongoing

Onset of Symptom - 2 weeks ago

Limitation on Activities - moderately limits activities

Frequency of Episodes - daily

Occupational Exposure - work

Triggers - no known associated factors

Pertinent Positives - burning on chest and eyes , chills , fatigue , headache , muscle aches , rhinorrhea , sore throat , wheezing

**Current Medication:**

Medrol (Pak) 4 mg Tabs in a Dose Pack; 1 pack; PO; UD; 5 days; Qty: 1 [12/31/2012 - 1/4/2013]; UOM: Pack

Nasonex 50 mcg/Actuation Spray; 1 Spray; NASAL; daily; 30 days; Refills: 3; Qty: 1, associated to (465.9) - C - ACUTE URI UNSPEC [12/31/2012 - 4/29/2013]; UOM: Inhaler

Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Refills: 1; Qty: 30 [12/31/2012 - 2/28/2013]; UOM: Tablet

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C -

MORBID OBESITY; Rx in hand TB [12/18/2012 - 1/16/2013]; UOM: Capsule

Voltaren 1 % Topical Gel; 1 Application; TOP; TID; 30 days; Refills: 3; Qty: 5 [11/2/2012 - 3/1/2013]; UOM: Tube

**Review of History**

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History

**ROS**

Constitutional: **has obesity , has fatigue , has malaise , has weight gain**

Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: **has nasal congestion , has nasal drainage , has sore throat , has postnasal drip**

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: **has cough , has dry cough**

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal

bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , no foot pain

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

## Vital Signs:

Created By: Gervacio, Baresi  
Created Time: 12/31/2012 12:29:26 PM  
Weight: 203 lb 0 oz clothed  
Height: 5 ft 4 in  
BMI: 34.84 Kg/m2  
Temperature: 97.5F  
RR: 18 breath/min -quiet  
SpO2: 97%  
Heart Rate:  
Sitting: 66 bpm regular  
Blood Pressure:  
Left Arm Sitting 120 / 61 mmHg

## PE

### Constitutional:

general appearance-Overall: well nourished , well developed , in no acute distress .

### Eyes:

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic



disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

**Ears/Nose/Throat:**

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam .

Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

**Neck:**

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam .

Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

**Respiratory:**

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

**Cardiovascular:**

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

**Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper

outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

**breast/chest inspection**-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

**abdominal exam**-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

**liver and spleen exam**-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

**rectal exam**-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

**hernia exam**-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

**stool sample obtained**-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

**penis**-Overall: no lesions, no discharge .

**scrotum/testes**-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

**prostate**-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

**M: urethra**-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

**M: bladder**-Overall: no tenderness . Palpation: non-tender , no masses , soft .

**uterus**-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

**cervix**-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

**labia and vagina**-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

**adnexa/parametria**-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

**urethra**-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

**bladder**-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

**neck nodes**-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy . Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

**other nodes**-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

**axilla/arm nodes**-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

**inguinal nodes**-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### **Musculoskeletal:**

**head and neck**-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

**digits and nails**-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left

MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### Integument:

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

#### Neurologic:

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left

hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam . motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

**Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

**DX**

(465.9) - C - ACUTE URI UNSPEC

(477.8) - C - ALLERGIC RHINITIS OT

(784.0) - C - HEADACHE

(466.0) - C - ACUTE BRONCHITIS

(244.8) - C - ACQUIRED HYPOTHYROIDISM

(780.79) - C - OT MALAISE/FATIGUE

(715.90) - C - OSTEOARTHRITIS UNSP SITE

(796.2) - C - PREHYPERTENSION

(278.01) - C - MORBID OBESITY

(110.4) - C - DERMATOPHYTOSIS OF FOOT

**Rx**

Medrol (Pak) 4 mg Tabs in a Dose Pack; 1 pack; PO; UD; 5 days; Qty: 1, associated to (465.9) - C - ACUTE URI UNSPEC [12/31/2012 - 1/4/2013]; UOM: Pack

Nasonex 50 mcg/Actuation Spray; 1 Spray; NASAL; daily; 30 days; Refills: 3; Qty: 1, associated to (465.9) - C - ACUTE URI UNSPEC [12/31/2012 - 4/29/2013]; UOM: Inhaler

**Services Performed**

(J0696) INJ Rocephin (ceftriaxone sodium), per 500 mg

Qty: 1

(96372) THER/PROPH/DIAG INJ SC/IM

Qty: 1

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

**Return Visit After 0** as previously scheduled

**Exercise:** Recommended **Diet :** Low fat, low cholesterol

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Provider: Ruben Tejada 01/05/2013 12:04 PM



Rendering Provider: Tejada, Ruben

Practice: NWA Internal Medicine Clinic

Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866

Visit Date: 2/18/2013

Patient: Rosales, Dilcia

Po Box 2012, Rogers, AR, 72758

Medical Record #: DOB: 12/2/1966 Sex: Female

cell: (479)282-6178, Son: (479)439-3024

Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 2/18/2013 5:48:58 PM

## CC

foot pain

## HPI

foot pain:

Location - on the left

Quality - constant

Timing of Episodes - in the morning

Onset and Resolution - gradual in onset

Onset of Symptom - 2 months ago

Frequency of Episodes - daily

Limitation on Activities - moderately limits activities

Severity - moderate

Significant Medical Conditions - obesity

Significant Medications - NSAID's

Mechanism of injury - unknown

Alleviating Factors - ice compression

Exacerbating Factors - walking

Pertinent Negatives - numbness , swelling

Pertinent Positives - clicking , pain with movement , warmth , pinching

## Current Medication:

USC#347 20-2-10-5-2 % Cream; 3 pumps; TOP; TID; 30 days; Refills: 3; Qty: 120, associated to (110.4) - C - DERMATOPHYTOSIS OF FOOT [2/18/2013 - 6/17/2013]; UOM: Gram

Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Refills: 1; Qty: 30 [2/18/2013 - 4/18/2013]; UOM: Tablet

Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/18/2013 - 5/18/2013]; UOM: Tablet  
phendimetrazine tartrate ER 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY [2/18/2013 - 3/19/2013]; UOM: Capsule

Nasonex 50 mcg/Actuation Spray; 1 Spray; NASAL; daily; 30 days; Refills: 3; Qty: 1, associated to (465.9) - C - ACUTE URI UNSPEC [12/31/2012 - 4/29/2013]; UOM: Inhaler

Voltaren 1 % Topical Gel; 1 Application; TOP; TID; 30 days; Refills: 3; Qty: 5 [11/2/2012 - 3/1/2013]; UOM: Tube

## Review of History

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History

## ROS

Constitutional: **has obesity** , no fever , no chills , no fatigue , no malaise , no weight loss , no weight gain , no anorexia , no weakness , no night sweats , no difficulty sleeping

Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no

epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: **has myalgias , has leg pain , has ankle pain**

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### Vital Signs:

Created By: Gervacio, Baresi  
Created Time: 2/18/2013 2:26:31 PM  
Weight: 194 lb 0 oz clothed  
Height: 5 ft 4 in  
BMI: 33.3 Kg/m2  
RR: 18 breath/min -quiet  
Heart Rate: - electronic  
Sitting: 72 bpm regular  
Blood Pressure: - electronic  
Left Arm Sitting 142 / 75 mmHg



**PE****Constitutional:**

general appearance-Overall: well nourished , well developed , in no acute distress .

**Eyes:**

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

**Ears/Nose/Throat:**

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

**Neck:**

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam . Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

**Respiratory:**

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

**Cardiovascular:**

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis

pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .  
extremities-Overall: no clubbing .

#### **Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid** . Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy .

Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

axilla/arm nodes-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

inguinal nodes-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### **Musculoskeletal:**



head and neck-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

digits and nails-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Palpation - left lower leg: **tenderness at the calcaneus** . Inspection - left ankle: a normal exam . Palpation - left ankle: **tender @ achilles tendon** . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### Integument:

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

#### Neurologic:

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

#### **Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

#### **DX**

(110.4) - C - DERMATOPHYTOSIS OF FOOT

(278.01) - C - MORBID OBESITY

(726.71) - C - ACHILLES TENDINITIS/BURSITIS

(728.71) - C - PLANTAR FIBROMATOSIS

(110.1) - C - DERMATOPHYTOSIS OF NAIL

(715.90) - C - OSTEOARTHRITIS UNSP SITE

(780.79) - C - OT MALAISE/FATIGUE

(244.8) - C - ACQUIRED HYPOTHYROIDISM

#### **Rx**

phendimetrazine tartrate ER 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY [2/18/2013 - 3/19/2013]; UOM: Capsule

USC#347 20-2-10-5-2 % Cream; 3 pumps; TOP; TID; 30 days; Refills: 3; Qty: 120, associated to (110.4) - C - DERMATOPHYTOSIS OF FOOT [2/18/2013 - 6/17/2013]; UOM: Gram

#### **Services Performed**

(J3301) INJ Kenalog (steroid) 40 MG Inject by Dr. Tejada in left foot

Qty: 2

(20550) INJ TENDON SHEATH/LIGAMENT

Qty: 1

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

#### **Return Visit After 2 months**

**Exercise:** Recommended **Diet :** Low fat, low cholesterol

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Provider: Ruben Tejada 02/18/2013 05:53 PM

*Dr. [Signature]*

Rendering Provider: Tejada, Ruben  
Practice: NWA Internal Medicine Clinic  
Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866

Visit Date: 3/18/2013

Patient: Rosales, Dilcia  
Po Box 2012, Rogers, AR, 72758  
Medical Record #: DOB: 12/2/1966 Sex: Female  
cell: (479)282-6178, Son: (479)439-3024

Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 3/23/2013 9:29:38 PM

#### CC

Follow up on obesity

#### HPI

Follow up on obesity:

Location - globally  
Quality - improving  
Onset and Resolution - gradual in onset  
Onset of Symptom - during adulthood  
Weight Status - has lost 6 pounds in 4 weeks  
Frequency of Episodes - unchanged  
Significant Medical Conditions - hypothyroidism  
Triggers - no known associated factors  
Alleviating Factors - change in dietary habits , exercise , medication  
Pertinent Positives - constipation , fatigue , malaise

#### Current Medication:

topiramate 25 mg Tab; 1 Tablet(s); PO; BID; 30 days; Refills: 3; Qty: 60, associated to (784.0) - C - HEADACHE [3/18/2013 - 7/15/2013]; UOM: Tablet  
phentermine 37.5 mg Tab; 1 Tablet(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY; Rx in hand TB [3/18/2013 - 4/16/2013]; UOM: Tablet  
USC#347 20-2-10-5-2 % Cream; 3 pumps; TOP; TID; 30 days; Refills: 3; Qty: 120, associated to (110.4) - C - DERMATOPHYTOSIS OF FOOT [2/18/2013 - 6/17/2013]; UOM: Gram  
Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Refills: 1; Qty: 30 [2/18/2013 - 4/18/2013]; UOM: Tablet  
Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/18/2013 - 5/18/2013]; UOM: Tablet  
phendimetrazine tartrate ER 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY [2/18/2013 - 3/19/2013]; UOM: Capsule  
Nasonex 50 mcg/Actuation Spray; 1 Spray; NASAL; daily; 30 days; Refills: 3; Qty: 1, associated to (465.9) - C - ACUTE URI UNSPEC [12/31/2012 - 4/29/2013]; UOM: Inhaler

#### Review of History

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History

#### ROS

Constitutional: **has obesity , has fatigue , has malaise**

Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: **has nasal congestion , has nasal drainage , has postnasal drip**

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: **has dry cough**

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no

abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , no foot pain

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: **has headache**

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

## Vital Signs:

Created By: Gervacio, Baresi

Created Time: 3/18/2013 3:08:30 PM

Weight: 188 lb 0 oz clothed

Height: 5 ft 4 in

BMI: 32.27 Kg/m2

RR: 18 breath/min -quiet

SpO2: 97%

Heart Rate: - electronic

Sitting: 93 bpm regular

Blood Pressure: - electronic

Left Arm Sitting 131 / 59 mmHg

## PE

### Constitutional:

general appearance-Overall: well nourished , well developed , in no acute distress .

### Eyes:

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

#### **Ears/Nose/Throat:**

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

#### **Neck:**

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam . Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

#### **Respiratory:**

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

#### **Cardiovascular:**

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

#### **Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper

outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

**breast/chest inspection**-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

**abdominal exam**-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

**liver and spleen exam**-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

**rectal exam**-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

**hernia exam**-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

**stool sample obtained**-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

**penis**-Overall: no lesions, no discharge .

**scrotum/testes**-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

**prostate**-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

**M: urethra**-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

**M: bladder**-Overall: no tenderness . Palpation: non-tender , no masses , soft .

**uterus**-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

**cervix**-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

**labia and vagina**-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

**adnexa/parametria**-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

**urethra**-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

**bladder**-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

**neck nodes**-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy . Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

**other nodes**-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

**axilla/arm nodes**-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

**inguinal nodes**-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### **Musculoskeletal:**

**head and neck**-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

**digits and nails**-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

**right upper extremity**-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-



tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### Integument:

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

#### Neurologic:

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing -



left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .  
cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .  
motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

**Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .  
behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam . Psychomotor activity: a normal exam .  
mood and affect-Overall: normal mood and affect . Affect: a normal exam .  
appearance-Overall: well-groomed, good eye contact .  
speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .  
attention-Overall: normal digit recall and number repeating .  
thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .  
cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence . Concentration: normal serial 7's . Abstract thinking: a normal exam .  
judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

**DX**

(784.0) - C - HEADACHE  
(278.01) - C - MORBID OBESITY  
(477.8) - C - ALLERGIC RHINITIS OT  
(780.79) - C - OT MALAISE/FATIGUE  
(715.90) - C - OSTEOARTHRISIS UNSP SITE  
(796.2) - C - PREHYPERTENSION

**Rx**

phentermine 37.5 mg Tab; 1 Tablet(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY; Rx in hand TB [3/18/2013 - 4/16/2013]; UOM: Tablet  
topiramate 25 mg Tab; 1 Tablet(s); PO; BID; 30 days; Refills: 3; Qty: 60, associated to (784.0) - C - HEADACHE [3/18/2013 - 7/15/2013]; UOM: Tablet

**Services Performed**

(99214) OFFICE/OUTPATIENT VISIT EST  
Qty: 1

**Return Visit After 1 months**

**Exercise: Recommended Diet : 1,200cal**

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Provider: Ruben Tejada 03/23/2013 09:29 PM



Rendering Provider: Tejada, Ruben  
Practice: NWA Internal Medicine Clinic  
Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866

Visit Date: 4/15/2013

Patient: Rosales, Dilcia  
Po Box 2012, Rogers, AR, 72758  
Medical Record #: DOB: 12/2/1966 Sex: Female  
cell: (479)282-6178, Son: (479)439-3024

Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 4/17/2013 8:18:21 PM

#### CC

foot pain , back pain

Having lt foot pain

#### HPI

foot pain:

Location - on the left  
Quality - aching  
Timing of Episodes - in the morning  
Onset and Resolution - ongoing  
Onset of Symptom - 1 years ago  
Frequency of Episodes - increasing  
Limitation on Activities - allows weight bearing activity  
Severity - moderate  
Significant Medical Conditions - obesity  
Significant Medications - NSAID's  
Mechanism of injury - unknown  
Pertinent Positives - decreased range of motion , limping , pain with movement , warmth , pinching

back pain:

Relationship to Injury - in association with a new activity  
Injured Site - lower back  
Location - midline lower back  
Radiation - left leg sciatica  
Pain Quality - warmth , burning , tingling  
Onset Mode - gradual  
Timing - constantly  
Current Symptom Frequency - daily  
Progression - worsening  
Exacerbating Factors - position change , prolonged standing  
Relieving Factors - rest

#### Current Medication:

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY [4/15/2013 - 5/14/2013]; UOM: Capsule  
Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (715.90) - C - OSTEOARTHRISIS UNSP SITE [4/15/2013 - 8/12/2013]; UOM: Tablet  
phentermine 37.5 mg Tab; 1 Tablet(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY; Rx in hand TB [3/18/2013 - 4/16/2013]; UOM: Tablet  
topiramate 25 mg Tab; 1 Tablet(s); PO; BID; 30 days; Refills: 3; Qty: 60, associated to (784.0) - C - HEADACHE [3/18/2013 - 7/15/2013]; UOM: Tablet  
USC#347 20-2-10-5-2 % Cream; 3 pumps; TOP; TID; 30 days; Refills: 3; Qty: 120, associated to (110.4) - C - DERMATOPHYTOSIS OF FOOT [2/18/2013 - 6/17/2013]; UOM: Gram  
Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/18/2013 - 5/18/2013]; UOM: Tablet

Synthroid 112 mcg Tab; 1 Tablet(s); PO; QAM; 30 days; Refills: 1; Qty: 30 [2/18/2013 - 4/18/2013]; UOM: Tablet  
 Nasonex 50 mcg/Actuation Spray; 1 Spray; NASAL; daily; 30 days; Refills: 3; Qty: 1, associated to (465.9) - C -  
 ACUTE URI UNSPEC [12/31/2012 - 4/29/2013]; UOM: Inhaler

## Review of History

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History

## ROS

Constitutional: **has obesity**, no fever, no chills, no fatigue, no malaise, no weight loss, no weight gain, no anorexia, no weakness, no night sweats, no difficulty sleeping

Eyes: no eye pain, no eye redness, no eye discharge, no vision loss, no blurred vision, no visual disturbance, no photophobia, no double vision, no decreased night vision, no dry eyes, no itchy eyes, no excessive tearing, no eyelid pain, no eyelid redness, no eyelid nodule, no eyelid edema, no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain, no hearing loss, no nasal congestion, no nasal drainage, no sore throat, no dental problem, no snoring, no facial pain, no facial swelling, no ear plugging, no ear discharge, no tinnitus, no dizziness, no vertigo, no nasal pain, no nasal itching, no postnasal drip, no epistaxis, no sneezing, no jaw pain, no tooth pain, no gum problems, no mouth sores, no dry mouth, no halitosis, no neck swelling, no hoarseness, no voice change, no drooling, no dysphagia, no odynophagia, no globus sensation, no change in smell, no change in taste

Cardiovascular: no chest pain, no chest pressure, no palpitations, no lightheadedness, no syncope, no claudication, no edema, no tachycardia, no diaphoresis, no dyspnea on exertion, no reduced exercise tolerance, no paroxysmal nocturnal dyspnea, no orthopnea, no cyanosis, no cold extremity

Respiratory: no cough, no dyspnea, no wheezing, no hemoptysis, no dry cough, no productive cough, no nocturnal cough, no stridor, no chest tightness, no pleuritic chest pain, no apneic episodes

Gastrointestinal: no anorexia, no nausea, no vomiting, no diarrhea, no constipation, no abdominal pain, no abdominal mass, no abdominal distension, no jaundice, no early satiety, no heartburn, no belching, no dyspepsia, no dysphagia, no odynophagia, no hematemesis, no coffee ground emesis, no rectal bleeding, no melena, no rectal pain, no rectal itching, no rectal mass, no flatulence, no fecal urgency, no incontinence of stool, no light colored stools

Genitourinary/Nephrology: no dysuria, no hematuria, no flank pain, no pelvic pain, no urinary retention, no urinary incontinence, no urinary frequency, no urinary urgency, no urinary hesitancy, no post-void dribbling, no change in urine color, no foul smelling urine, no nocturia, no oliguria, no genital lesion, no genital pain, no genital itching, no vaginal discharge, no urethral discharge, no testicular pain, no testicular mass, no erectile dysfunction, no pelvic pressure, no dyspareunia, no dysmenorrhea, no abnormal menstrual bleeding, no oligomenorrhea, no amenorrhea, no hot flashes, no vaginal dryness

Musculoskeletal: **has back pain, has arthralgias, has leg pain, has foot pain**

Dermatologic: **has cyst**, no rash, no skin change, no pigmentation change, no new lesion(s), no change in lesion, no breast mass, no nipple discharge, no arthropod/insect bite, no pruritus, no ecchymosis, no photosensitivity, no excessive sweating, no callus, no breast pain, no breast swelling, no nipple pain, no nipple inversion, no hair changes, no excessive hair growth, no hair loss, no nail changes, no nail deformity, no nail discoloration, no nail thickening, no brittle nails

Neurologic: no headache, no dizziness, no weakness, no numbness, no confusion, no memory loss, no seizure, no ataxia, no impaired speech, no impaired balance, no radicular pain, no paresthesias, no paresis, no alteration of consciousness, no syncope, no auras, no scotomata, no photophobia, no tics, no tremor

Psychiatric: no depression, no anxiety, no panic attacks, no suicidal ideation, no suicidal planning, no substance use concerns, no insomnia, no tearfulness, no loss of interests, no feeling hopeless, no feeling worthless, no altered body image, no early morning awakening, no hypersomnia, no excess energy, no easy distractibility, no inability to concentrate, no paranoid ideation, no intrusive thoughts, no repetitive actions, no auditory hallucinations, no visual hallucinations, no binge drinking, no substance use guilt, no trying to decrease substance use

Endocrine: no cold intolerance, no heat intolerance, no polydipsia, no polyuria, no sexual dysfunction, no goiter, no proptosis, no alopecia, no hirsutism, no polyphagia, no flushing, no galactorrhea, no gynecomastia, no virilization, no change in libido, no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising, no easy bleeding, no prolonged bleeding, no petechiae, no swollen glands, no bleeding gums, no hemoptysis, no hematemesis, no hematuria, no hematochezia, no melena, no pallor, no fatigue, no night sweats, no lightheadedness, no slow wound healing, no prolonged infection, no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### **Vital Signs:**

Created By: Gervacio, Baresi  
 Created Time: 4/15/2013 12:37:58 PM  
 Weight: 182 lb 0 oz clothed  
 Height: 5 ft 4 in  
 BMI: 31.24 Kg/m2  
 RR: 18 breath/min -quiet  
 SpO2: 97%  
 Heart Rate:  
 Sitting: 63 bpm regular  
 Blood Pressure:  
 Left Arm Sitting 125 / 51 mmHg

### **PE**

#### **Constitutional:**

general appearance-Overall: well nourished , well developed , in no acute distress .

#### **Eyes:**

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal , round , reactive to light and accommodation . Left pupil: a normal exam .

Right pupil: a normal exam .

#### **Ears/Nose/Throat:**

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam .

Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

#### **Neck:**

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam .

Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular

reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

#### **Respiratory:**

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

#### **Cardiovascular:**

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

#### **Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid** . Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

**adnexa/parametria**-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

**urethra**-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

**bladder**-Overall: no tenderness . Palpation: non-tender , no masses , soft .

**Lymphatic:**

**neck nodes**-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy . Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

**other nodes**-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

**axilla/arm nodes**-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

**inguinal nodes**-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

**Musculoskeletal:**

**head and neck**-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

**digits and nails**-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

**right upper extremity**-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

**left upper extremity**-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

**right lower extremity**-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

**left lower extremity**-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left

knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### Integument:

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

#### Neurologic:

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

#### Psychiatric:

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

#### **DX**

(278.01) - C - MORBID OBESITY  
(715.90) - C - OSTEOARTHRITIS UNSP SITE  
(244.8) - C - ACQUIRED HYPOTHYROIDISM  
(780.79) - C - OT MALAISE/FATIGUE  
(784.0) - C - HEADACHE  
(728.71) - C - PLANTAR FIBROMATOSIS  
(477.8) - C - ALLERGIC RHINITIS OT

#### **Rx**

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY [4/15/2013 - 5/14/2013]; UOM: Capsule  
Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (715.90) - C -



OSTEOARTHRISIS UNSP SITE [4/15/2013 - 8/12/2013]; UOM: Tablet

**Services Performed**

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

**Return Visit After 1 months**

**Exercise: Recommended Diet : Low fat, low cholesterol**

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Provider: Ruben Tejada 04/17/2013 08:17 PM



**Patient Name: Rosales, Dilcia****Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female****Phone: (479)282-6178**

| Record Date | Information Type          | Remark | Status | Description |
|-------------|---------------------------|--------|--------|-------------|
| 4/16/2013   | Work Excuse - Work Excuse |        |        |             |

**Work Excuse - Work Excuse - 4/16/2013**

Approved By:

Approved On:

Work Excuse

**Rendering Provider:** Tejada, Ruben  
**Practice:** NWA Internal Medicine Clinic  
**Address:** 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 **Phone:** (479)876-8866

**Visit Date:** 4/29/2013

**Patient:** Rosales, Dilcia  
**Po Box 2012, Rogers, AR, 72758**  
**Medical Record #:** **DOB:** 12/2/1966 **Sex:** Female  
**cell:** (479)282-6178, **Son:** (479)439-3024

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**Status:** Complete. **Rendering Provider:** Tejada, Ruben. **Billing Provider:** Tejada, Ruben. **Visit Last Saved:** 4/29/2013 3:32:38 PM

**CC**  
foot pain

Twisted lt foot on saturday and went to ER

#### **HPI**

foot pain:

- Location - on the left
- Quality - burning sensation , numbness , tingling , sharp pain , tenderness , throbbing , aching , stabbing
- Timing of Episodes - wakes-up from pain
- Onset and Resolution - sudden in onset
- Onset of Symptom - 2 days ago
- Frequency of Episodes - unchanged
- Limitation on Activities - moderately limits activities
- Severity - severe
- Significant Medical Conditions - obesity , prior foot injury
- Significant Medications - narcotics
- Mechanism of injury - foot eversion
- Alleviating Factors - narcotics
- Exacerbating Factors - walking
- Pertinent Positives - decreased range of motion , limping , pain with movement , swelling , warmth

#### **Current Medication:**

hydrocodone-acetaminophen 5 mg-500 mg Cap; 1 Capsule(s); PO; Q4H; UOM: Capsule  
Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C - MORBID OBESITY [4/15/2013 - 5/14/2013]; UOM: Capsule  
Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (715.90) - C - OSTEOARTHRISIS UNSP SITE [4/15/2013 - 8/12/2013]; UOM: Tablet  
topiramate 25 mg Tab; 1 Tablet(s); PO; BID; 30 days; Refills: 3; Qty: 60, associated to (784.0) - C - HEADACHE [3/18/2013 - 7/15/2013]; UOM: Tablet  
Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/18/2013 - 5/18/2013]; UOM: Tablet  
USC#347 20-2-10-5-2 % Cream; 3 pumps; TOP; TID; 30 days; Refills: 3; Qty: 120, associated to (110.4) - C - DERMATOPHYTOSIS OF FOOT [2/18/2013 - 6/17/2013]; UOM: Gram  
Nasonex 50 mcg/Actuation Spray; 1 Spray; NASAL; daily; 30 days; Refills: 3; Qty: 1, associated to (465.9) - C - ACUTE URI UNSPEC [12/31/2012 - 4/29/2013]; UOM: Inhaler

#### **Review of History**

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History

#### **ROS**

**Constitutional:** has obesity , no fever , no chills , no fatigue , no malaise , no weight loss , no weight gain , no anorexia , no weakness , no night sweats , no difficulty sleeping  
**Eyes:** no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual

disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes , no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: no neck pain , no back pain , no myalgias , no arthralgias , no gait abnormality , no muscle weakness , no muscle cramps , no muscle swelling , no joint swelling , no joint erythema , no joint warmth , no joint crepitus , no stiffness , no deformity , no shoulder pain , no arm pain , no elbow pain , no wrist pain , no hand pain , no hip pain , no leg pain , no knee pain , no ankle pain , no foot pain

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### Vital Signs:

Created By: Gervacio, Baresi

Created Time: 4/29/2013 2:34:26 PM

Weight: 182 lb 0 oz clothed  
 Height: 5 ft 4 in  
 BMI: 31.24 Kg/m<sup>2</sup>  
 RR: 18 breath/min -quiet  
 SpO<sub>2</sub>: 97%  
 Heart Rate:  
 Sitting: 87 bpm regular  
 Blood Pressure:  
 Left Arm Sitting 126 / 64 mmHg

## PE

### Constitutional:

general appearance-Overall: well nourished , well developed , in no acute distress .

### Eyes:

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

### Ears/Nose/Throat:

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

### Neck:

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam .

Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

### Respiratory:

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

### Cardiovascular:

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

#### **Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy .

Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital

chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .  
axilla/arm nodes-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .  
inguinal nodes-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### **Musculoskeletal:**

head and neck-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

digits and nails-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: a normal exam . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability



- left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

**Integument:**

inspection of skin-Overall: no rash, lesions .

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

**Neurologic:**

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

**Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

**DX**

(244.8) - C - ACQUIRED HYPOTHYROIDISM

(715.90) - C - OSTEOARTHRISIS UNSP SITE

(784.0) - C - HEADACHE

(780.79) - C - OT MALAISE/FATIGUE

(477.8) - C - ALLERGIC RHINITIS OT

(278.01) - C - MORBID OBESITY

(477.9) - C - ALLERGIC RHINITIS UNSPEC

(110.1) - C - DERMATOPHYTOSIS OF NAIL

**Services Performed**

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

**Return Visit After 4 days**

**Exercise: Recommended Diet : Regular**

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Provider: Ruben Tejada 04/29/2013 03:26 PM

*D. M. Clarke*

Rendering Provider: Tejada, Ruben  
Practice: NWA Internal Medicine Clinic  
Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866

Visit Date: 5/3/2013

Patient: Rosales, Dilcia  
Po Box 2012, Rogers, AR, 72758  
Medical Record #: DOB: 12/2/1966 Sex: Female  
cell: (479)282-6178, Son: (479)439-3024

Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 5/3/2013 1:56:22 PM

## CC

foot pain

4 day f/u.

Pt. states feeling some emptiness on the back of ankle.

## HPI

foot pain:

Location - on the left

Quality - burning sensation , numbness , tingling , sharp pain , tenderness , throbbing , aching , stabbing

Timing of Episodes - wakes-up from pain

Onset and Resolution - sudden in onset

Onset of Symptom - 6 days ago

Frequency of Episodes - unchanged

Limitation on Activities - moderately limits activities

Severity - severe

Significant Medical Conditions - obesity , prior foot injury

Significant Medications - narcotics

Mechanism of injury - foot eversion

Alleviating Factors - narcotics

Exacerbating Factors - walking

Pertinent Positives - decreased range of motion , limping , pain with movement , swelling , warmth

## Current Medication:

hydrocodone-acetaminophen 5 mg-500 mg Cap; 1 Capsule(s); PO; Q4H; UOM: Capsule

Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C -

MORBID OBESITY [4/15/2013 - 5/14/2013]; UOM: Capsule

Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (715.90) - C -

OSTEOARTHRISIS UNSP SITE [4/15/2013 - 8/12/2013]; UOM: Tablet

topiramate 25 mg Tab; 1 Tablet(s); PO; BID; 30 days; Refills: 3; Qty: 60, associated to (784.0) - C - HEADACHE [3/18/2013 - 7/15/2013]; UOM: Tablet

Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/18/2013 - 5/18/2013]; UOM: Tablet

USC#347 20-2-10-5-2 % Cream; 3 pumps; TOP; TID; 30 days; Refills: 3; Qty: 120, associated to (110.4) - C - DERMATOPHYTOSIS OF FOOT [2/18/2013 - 6/17/2013]; UOM: Gram

## Review of History

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History

## ROS

Constitutional: **has obesity** , no fever , no chills , no fatigue , no malaise , no weight loss , no weight gain , no anorexia , no weakness , no night sweats , no difficulty sleeping

Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes ,

no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: **has ankle pain , has foot pain**

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

#### Vital Signs:

Created By: Gervacio, Baresi  
 Created Time: 5/3/2013 12:42:05 PM  
 Weight: 183 lb 0 oz clothed  
 Height: 5 ft 4 in  
 BMI: 31.41 Kg/m2  
 RR: 18 breath/min -quiet

SpO2: 97%  
Heart Rate: - electronic  
Sitting: 68 bpm regular  
Blood Pressure: - electronic  
Left Arm Sitting 123 / 76 mmHg

**PE****Constitutional:**

general appearance-Overall: well nourished , well developed , in no acute distress .

**Eyes:**

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal, round, reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

**Ears/Nose/Throat:**

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

**Neck:**

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam . Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

**Respiratory:**

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion, no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

**Cardiovascular:**

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong, bilaterally equal, no bruits . Left carotid pulse: a normal exam . Right

carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

#### **Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy .

Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

axilla/arm nodes-Overall: epitrochlear non-tender, not enlarged , axillary non-tender, not enlarged . Left epitrochlear: a normal exam , soft , non-tender . Right epitrochlear: a normal exam , soft , non-tender . Left axillary: a normal exam , soft , non-tender . Right axillary: a normal exam , soft , non-tender .

inguinal nodes-Overall: inguinal non-tender, not enlarged . Left inguinal node: a normal exam , soft , non-tender . Right inguinal node: a normal exam , soft , non-tender .

#### Musculoskeletal:

head and neck-Overall: head atraumatic , TMJ benign , cervical spine benign . Head: atraumatic , normocephalic . Deformities: no deformities . Left TMJ: a normal exam , non-tender , full closing , normal alignment . Right TMJ: a normal exam , non-tender , full closing , normal alignment . Cervical Spine: a normal exam .

digits and nails-Overall: no clubbing , digits benign . Nails: a normal exam . Digits: a normal exam . Left First CMC: a normal exam . Right First CMC: a normal exam . Left DIPs: a normal exam , non-tender . Right DIPs: a normal exam , non-tender . Left PIPs: a normal exam , non-tender . Right PIPs: a normal exam , non-tender . Left MCPs: a normal exam , non-tender . Right MCPs: a normal exam , non-tender .

right upper extremity-Overall: right shoulder benign , right elbow benign , right wrist benign , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in RUE , normal RUE bulk and tone . Inspection - right shoulder: a normal exam . Palpation - right shoulder: a normal exam . ROM - right shoulder: a normal exam . Stability - right shoulder: a normal exam . Muscle Strength/Tone - right shoulder: a normal exam . Inspection - right upper arm: a normal exam . Inspection - right elbow: a normal exam . Palpation - right elbow: a normal exam . ROM - right elbow: a normal exam . Stability - right elbow: a normal exam . Muscle Strength/Tone - right elbow: a normal exam . Inspection - right forearm: a normal exam . Inspection - right wrist: a normal exam . Palpation - right wrist: a normal exam . ROM - right wrist: a normal exam . Stability - right wrist: a normal exam . Muscle Strength/Tone - right wrist: a normal exam . Inspection - right carpals: a normal exam . Inspection - right metacarpals: a normal exam .

left upper extremity-Overall: normal left shoulder , normal left elbow , normal left wrist , upper arm non-tender, without crepitus or defects , forearm non-tender, without crepitus or defects , hand non-tender, without crepitus or defects , full strength in LUE , normal LUE bulk and tone . Inspection - left shoulder: a normal exam . Palpation - left shoulder: a normal exam . ROM - left shoulder: a normal exam . Stability - left shoulder: a normal exam . Muscle Strength/Tone - left shoulder: a normal exam . Inspection - left upper arm: a normal exam . Inspection - left elbow: a normal exam . Palpation - left elbow: a normal exam . ROM - left elbow: a normal exam . Stability - left elbow: a normal exam . Muscle Strength/Tone - left elbow: a normal exam . Inspection - left forearm: a normal exam . Inspection - left wrist: a normal exam . Palpation - left wrist: a normal exam . ROM - left wrist: a normal exam . Stability - left wrist: a normal exam . Muscle Strength/Tone - left wrist: a normal exam . Inspection - left carpals: a normal exam . Inspection - left metacarpals: a normal exam .

right lower extremity-Overall: right knee benign , right ankle benign , right foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in RLE , normal RLE bulk and tone . Inspection - right thigh: normal appearance . Inspection - right knee: a normal exam . Palpation - right knee: a normal exam , no effusion . ROM - right knee: a normal exam . Stability - right knee: a normal exam . Muscle Strength/Tone - right knee: a normal exam . Inspection - right lower leg: normal appearance . Inspection - right ankle: a normal exam . Palpation - right ankle: a normal exam . ROM - right ankle: a normal exam . Stability - right ankle: a normal exam . Muscle Strength/Tone - right ankle: a normal exam . Inspection - right foot: a normal exam . Palpation - right foot: a normal exam . ROM - right foot: a normal exam . Stability - right foot: a normal exam . Muscle Strength/Tone - right foot: a normal exam .

left lower extremity-Overall: left knee benign , left ankle benign , left foot benign , lower leg non-tender, without crepitus or defects , thigh non-tender, without crepitus or defects , foot non-tender, without crepitus or defects , full strength in LLE , normal LLE bulk and tone . Inspection - left thigh: normal appearance . Inspection - left knee: a normal exam . Palpation - left knee: a normal exam , no effusion . ROM - left knee: a normal exam . Stability - left knee: a normal exam . Muscle Strength/Tone - left knee: a normal exam . Inspection - left lower leg: normal appearance . Inspection - left ankle: a normal exam . Palpation - left ankle: **effusion, tender @ achilles tendon** . ROM - left ankle: a normal exam . Stability - left ankle: a normal exam . Muscle Strength/Tone - left ankle: a normal exam . Inspection - left foot: a normal exam . Palpation - left foot: a normal exam . ROM - left foot: a normal exam . Stability - left foot: a normal exam . Muscle Strength/Tone - left foot: a normal exam .

spine, ribs and pelvis-Overall: good posture , ribs benign , spine benign , sacroiliac joint benign , right hip benign , left hip benign . Posture: a normal exam . Ribs: a normal exam . Spine: a normal exam . Sacroiliac joints: a normal exam , nontender . Inspection - right hip: a normal exam . Palpation - right hip: a normal exam . ROM - right hip: a normal exam . Stability - right hip: a normal exam . Muscle Strength/Tone - right hip: a normal exam . Inspection - left hip: a normal exam . Palpation - left hip: a normal exam . ROM - left hip: a normal exam . Stability - left hip: a normal exam . Muscle Strength/Tone - left hip: a normal exam .

gait and station-Overall: normal gait , normal station .

#### Integument:

inspection of skin-Overall: no rash, lesions .



patient Review Fast Note  
palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

**Neurologic:**

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam . Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

**Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

**DX**

(726.79) - C - ANKLE ENTHESOPATHY OT

(726.71) - C - ACHILLES TENDINITIS/BURSITIS

(780.79) - C - OT MALAISE/FATIGUE

(278.01) - C - MORBID OBESITY

(796.2) - C - PREHYPERTENSION

(715.90) - C - OSTEOARTHRITIS UNSP SITE

(784.0) - C - HEADACHE

**Services Performed**

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

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Provider: Ruben Tejada 05/03/2013 02:01 PM



Rendering Provider: Tejada, Ruben  
Practice: NWA Internal Medicine Clinic  
Address: 2805 Se Mid Cities Dr Ste 9, BENTONVILLE, AR, 72712 Phone: (479)876-8866

Visit Date: 5/3/2013

Patient: Rosales, Dilcia  
Po Box 2012, Rogers, AR, 72758  
Medical Record #: DOB: 12/2/1966 Sex: Female  
cell: (479)282-6178, Son: (479)439-3024

Status: Complete. Rendering Provider: Tejada, Ruben. Billing Provider: Tejada, Ruben. Visit Last Saved: 5/3/2013 1:56:22 PM

CC  
foot pain

4 day f/u.  
Pt. states feeling some emptiness on the back of ankle.

#### HPI

foot pain:

Location - on the left  
Quality - burning sensation , numbness , tingling , sharp pain , tenderness , throbbing , aching , stabbing  
Timing of Episodes - wakes-up from pain  
Onset and Resolution - sudden in onset  
Onset of Symptom - 6 days ago  
Frequency of Episodes - unchanged  
Limitation on Activities - moderately limits activities  
Severity - severe  
Significant Medical Conditions - obesity , prior foot injury  
Significant Medications - narcotics  
Mechanism of injury - foot eversion  
Alleviating Factors - narcotics  
Exacerbating Factors - walking  
Pertinent Positives - decreased range of motion , limping , pain with movement , swelling , warmth

#### Current Medication:

hydrocodone-acetaminophen 5 mg-500 mg Cap; 1 Capsule(s); PO; Q4H; UOM: Capsule  
Bontril Slow-Release 105 mg Cap; 1 Capsule(s); PO; daily; 30 days; Qty: 30, associated to (278.01) - C -  
MORBID OBESITY [4/15/2013 - 5/14/2013]; UOM: Capsule  
Mobic 15 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 3; Qty: 30, associated to (715.90) - C -  
OSTEOARTHROSIS UNSP SITE [4/15/2013 - 8/12/2013]; UOM: Tablet  
topiramate 25 mg Tab; 1 Tablet(s); PO; BID; 30 days; Refills: 3; Qty: 60, associated to (784.0) - C - HEADACHE  
[3/18/2013 - 7/15/2013]; UOM: Tablet  
Lamisil 250 mg Tab; 1 Tablet(s); PO; daily; 30 days; Refills: 2; Qty: 30 [2/18/2013 - 5/18/2013]; UOM: Tablet  
USC#347 20-2-10-5-2 % Cream; 3 pumps; TOP; TID; 30 days; Refills: 3; Qty: 120, associated to (110.4) - C -  
DERMATOPHYTOSIS OF FOOT [2/18/2013 - 6/17/2013]; UOM: Gram

#### Review of History

I have reviewed the Medical History, Infection History, Surgical History, Family History, Generic Screening History, Social History, Medication History, Allergy History

#### ROS

Constitutional: **has obesity** , no fever , no chills , no fatigue , no malaise , no weight loss , no weight gain , no anorexia , no weakness , no night sweats , no difficulty sleeping  
Eyes: no eye pain , no eye redness , no eye discharge , no vision loss , no blurred vision , no visual disturbance , no photophobia , no double vision , no decreased night vision , no dry eyes , no itchy eyes ,

no excessive tearing , no eyelid pain , no eyelid redness , no eyelid nodule , no eyelid edema , no eyelid drooping

Ears/Nose/Throat/Neck: no ear pain , no hearing loss , no nasal congestion , no nasal drainage , no sore throat , no dental problem , no snoring , no facial pain , no facial swelling , no ear plugging , no ear discharge , no tinnitus , no dizziness , no vertigo , no nasal pain , no nasal itching , no postnasal drip , no epistaxis , no sneezing , no jaw pain , no tooth pain , no gum problems , no mouth sores , no dry mouth , no halitosis , no neck swelling , no hoarseness , no voice change , no drooling , no dysphagia , no odynophagia , no globus sensation , no change in smell , no change in taste

Cardiovascular: no chest pain , no chest pressure , no palpitations , no lightheadedness , no syncope , no claudication , no edema , no tachycardia , no diaphoresis , no dyspnea on exertion , no reduced exercise tolerance , no paroxysmal nocturnal dyspnea , no orthopnea , no cyanosis , no cold extremity

Respiratory: no cough , no dyspnea , no wheezing , no hemoptysis , no dry cough , no productive cough , no nocturnal cough , no stridor , no chest tightness , no pleuritic chest pain , no apneic episodes

Gastrointestinal: no anorexia , no nausea , no vomiting , no diarrhea , no constipation , no abdominal pain , no abdominal mass , no abdominal distension , no jaundice , no early satiety , no heartburn , no belching , no dyspepsia , no dysphagia , no odynophagia , no hematemesis , no coffee ground emesis , no rectal bleeding , no melena , no rectal pain , no rectal itching , no rectal mass , no flatulence , no fecal urgency , no incontinence of stool , no light colored stools

Genitourinary/Nephrology: no dysuria , no hematuria , no flank pain , no pelvic pain , no urinary retention , no urinary incontinence , no urinary frequency , no urinary urgency , no urinary hesitancy , no post-void dribbling , no change in urine color , no foul smelling urine , no nocturia , no oliguria , no genital lesion , no genital pain , no genital itching , no vaginal discharge , no urethral discharge , no testicular pain , no testicular mass , no erectile dysfunction , no pelvic pressure , no dyspareunia , no dysmenorrhea , no abnormal menstrual bleeding , no oligomenorrhea , no amenorrhea , no hot flashes , no vaginal dryness

Musculoskeletal: **has ankle pain , has foot pain**

Dermatologic: **has cyst** , no rash , no skin change , no pigmentation change , no new lesion(s) , no change in lesion , no breast mass , no nipple discharge , no arthropod/insect bite , no pruritus , no ecchymosis , no photosensitivity , no excessive sweating , no callus , no breast pain , no breast swelling , no nipple pain , no nipple inversion , no hair changes , no excessive hair growth , no hair loss , no nail changes , no nail deformity , no nail discoloration , no nail thickening , no brittle nails

Neurologic: no headache , no dizziness , no weakness , no numbness , no confusion , no memory loss , no seizure , no ataxia , no impaired speech , no impaired balance , no radicular pain , no paresthesias , no paresis , no alteration of consciousness , no syncope , no auras , no scotomata , no photophobia , no tics , no tremor

Psychiatric: no depression , no anxiety , no panic attacks , no suicidal ideation , no suicidal planning , no substance use concerns , no insomnia , no tearfulness , no loss of interests , no feeling hopeless , no feeling worthless , no altered body image , no early morning awakening , no hypersomnia , no excess energy , no easy distractibility , no inability to concentrate , no paranoid ideation , no intrusive thoughts , no repetitive actions , no auditory hallucinations , no visual hallucinations , no binge drinking , no substance use guilt , no trying to decrease substance use

Endocrine: no cold intolerance , no heat intolerance , no polydipsia , no polyuria , no sexual dysfunction , no goiter , no proptosis , no alopecia , no hirsutism , no polyphagia , no flushing , no galactorrhea , no gynecomastia , no virilization , no change in libido , no menstrual cycle irregularity

Hematologic/Lymphatic: no easy bruising , no easy bleeding , no prolonged bleeding , no petechiae , no swollen glands , no bleeding gums , no hemoptysis , no hematemesis , no hematuria , no hematochezia , no melena , no pallor , no fatigue , no night sweats , no lightheadedness , no slow wound healing , no prolonged infection , no recurrent infections

Allergy/Immunology: no hives , no sneezing , no eye itching , no nasal itching , no oropharyngeal swelling , no eye redness , no excessive tearing , no eyelid swelling , no nasal congestion , no nasal drainage , no post nasal drip , no throat pain , no throat itching , no hoarseness , no stridor , no cough , no wheezing , no shortness of breath , no facial swelling , no difficulty swallowing

### Vital Signs:

Created By: Gervacio, Baresi

Created Time: 5/3/2013 12:42:05 PM

Weight: 183 lb 0 oz clothed

Height: 5 ft 4 in

BMI: 31.41 Kg/m2

RR: 18 breath/min -quiet

SpO2: 97%  
 Heart Rate: - electronic  
 Sitting: 68 bpm regular  
 Blood Pressure: - electronic  
 Left Arm Sitting 123 / 76 mmHg

## PE

### Constitutional:

general appearance-Overall: well nourished , well developed , in no acute distress .

### Eyes:

ophthalmoscopic exam-Overall: benign arterioles , benign arterial-venous crossing , benign fundi , sharp optic disc .

conjunctiva/eyelids-Overall: conjunctiva clear , cornea clear , eyelids normal .

pupils and irises-Overall: pupils equal , round , reactive to light and accommodation . Left pupil: a normal exam . Right pupil: a normal exam .

### Ears/Nose/Throat:

external ear-Overall: normal appearance , no masses , normal mastoids . Left auricle: a normal exam , nontender . Right auricle: a normal exam , nontender . Mass: nontender , soft . Left mastoid: a normal exam , nontender . Right mastoid: a normal exam , nontender .

external nose-Overall: benign appearance , no masses , non-tender . Appearance: a normal exam . Skin: a normal exam . Dorsum: a normal exam . Alae: a normal exam . Tip: a normal exam . Mass: nontender , soft .

otoscopic exam-Overall: external auditory canals clear , tympanic membranes clear . Left external auditory canal: a normal exam , nontender . Right external auditory canal: a normal exam , nontender . Left tympanic membrane: a normal exam . Right tympanic membrane: a normal exam . Ossicles: a normal exam .

hearing assessment-Overall: hearing intact bilaterally . Weber: a normal exam .

internal nose-Overall: bilateral nasal cavities clear , septum midline , turbinates benign , no sinus tenderness , no drainage , no masses , nasopharynx benign . Turbinates: a normal exam . Left nasal cavity: a normal exam . Right nasal cavity: a normal exam . Septum: a normal exam . Nasopharynx: a normal exam .

lips/teeth/gingiva-Overall: benign lips , normal dentition , benign gingiva , no masses . Lips: a normal exam . Teeth: a normal exam . Occlusion: a normal exam . Gingiva: a normal exam .

oral cavity/pharynx/larynx-Overall: oral mucosa clear , mobile tongue benign , floor of mouth benign , hard palate benign , soft palate benign , retromolar trigone benign , tonsils benign , oropharyngeal mucosa clear , base of tongue benign , hypopharynx benign , larynx benign , salivary glands benign , no masses . Posterior Pharynx: a normal exam . Oral mucosa: a normal exam . Mobile tongue: a normal exam , soft , nontender . Floor of mouth: a normal exam , soft , nontender . Hard palate: a normal exam . Soft palate: a normal exam . Retromolar trigone: a normal exam . Left tonsil: a normal exam . Right tonsil: a normal exam . Oropharynx: a normal exam . Base of tongue: a normal exam , soft . Hypopharynx: a normal exam . Larynx: a normal exam . Left parotid: a normal exam , nontender , soft . Right parotid: a normal exam , nontender , soft . Left submandibular gland: a normal exam , nontender , soft . Right submandibular gland: a normal exam , nontender , soft . Mass: soft , nontender .

### Neck:

thyroid-Overall: normal size , normal consistency , nontender , no mass lesions . Size: a normal exam . Consistency: a normal exam . Palpation: a normal exam . Masses: soft , non-tender .

inspection of neck-Overall: normal size , normal appearance , no masses , absence of swelling , normal major salivary glands , normal tracheal position , normal jugular venous pressure , no carotid bruits . Size: a normal exam . Appearance: a normal exam . Masses: nontender , soft . Swelling: nontender , soft , no drainage . Major salivary glands: a normal exam , nontender , soft . Carotid arteries: a normal exam . Hepatojugular reflex: present . Kussmaul's sign: present . A wave: a normal exam . V wave: a normal exam . X descent: a normal exam . Y descent: a normal exam .

### Respiratory:

percussion-Overall: benign percussion .

palpation of chest-Overall: normal excursion , no pain . Respiratory expansion: a normal exam .

auscultation-Overall: breath sounds clear bilaterally . Diffuse: a normal exam . Left upper lung field: a normal exam . Left lower lung field: a normal exam . Right upper lung field: a normal exam . Right middle lung field: a normal exam . Right lower lung field: a normal exam .

respiratory effort/rhythm-Overall: no retractions , normal rate . Rate: a normal exam . Rhythm: a normal exam .

### Cardiovascular:

auscultation of heart-Overall: regular rate , normal heart sounds , no murmurs . Rate: regular rate .

Rhythm: regular rhythm . S1: a normal exam . S2: a normal exam . S3 (ventricular gallop): present . S4 (atrial gallop): present .

inspection of carotid pulses-Overall: strong , bilaterally equal , no bruits . Left carotid pulse: a normal exam . Right

carotid pulse: a normal exam .

palpation of heart-Overall: apical impulse location normal , no heave/lift .

inspection of femoral pulses-Overall: strong, bilaterally equal pulses, no bruits . Radial-femoral pulse

delay: present . Left femoral pulse: a normal exam . Right femoral pulse: a normal exam .

inspection of abdominal aorta-Overall: normal diameter . Palpation: normal diameter .

inspection of pedal pulses-Overall: strong, equal bilaterally . Left dorsalis pedis: a normal exam . Right dorsalis pedis: a normal exam . Left posterior tibial pulse: a normal exam . Right posterior tibial pulse: a normal exam .

extremities-Overall: no clubbing .

#### **Chest/Breast:**

breast and axillae palpation-Overall: breasts non-tender , axillae non-tender , no nipple discharge . Left nipple: non-tender , no discharge . Right nipple: non-tender , no discharge . Left axillae: no mass , non-tender , soft . Right axillae: no mass , non-tender , soft . Left upper inner quadrant: no mass , non-tender , soft . Left upper outer quadrant: no mass , non-tender , soft . Left lower inner quadrant: no mass , non-tender , soft . Left lower outer quadrant: no mass , non-tender , soft . Right upper inner quadrant: no mass , non-tender , soft . Right upper outer quadrant: no mass , non-tender , soft . Right lower inner quadrant: no mass , non-tender , soft . Right lower outer quadrant: no mass , non-tender , soft .

breast/chest inspection-Overall: breasts to symmetric and without lesions , normal chest shape . Skin appearance: a normal exam . Left upper inner quadrant: no lesions . Left upper outer quadrant: no lesions . Left lower inner quadrant: no lesions . Left lower outer quadrant: no lesions . Right upper inner quadrant: no lesions . Right upper outer quadrant: no lesions . Right lower inner quadrant: no lesions . Right lower outer quadrant: no lesions . Chest shape: a normal exam .

#### **Abdomen:**

abdominal exam-Overall: no tenderness , normal bowel sounds . Contour: **scaphoid**. Bowel sounds: a normal exam . Skin: a normal exam . Percussion: a normal exam . Left upper quadrant: no mass lesions , soft . Left lower quadrant: no mass lesions , soft . Right upper quadrant: no mass lesions , soft . Right lower quadrant: no mass lesions , soft . Epigastric: no mass lesions , soft . Suprapubic: no mass lesions , soft . Periumbilical: no mass lesions , soft .

liver and spleen exam-Overall: no hepatosplenomegaly , no stigmata of chronic liver disease . Liver: no hepatomegaly , non-tender . Spleen: no splenomegaly , soft , non-tender .

rectal exam-Overall: good sphincter tone, no masses, no lesions . Inspection: a normal exam . Palpation: a normal exam . Sphincter tone: a normal exam . Prostate: a normal exam .

hernia exam-Overall: no hernias present . Left inguinal hernia present: non-tender . Right inguinal hernia present: non-tender . Left femoral hernia present: non-tender . Right femoral hernia present: non-tender . Left scrotal hernia present: non-tender . Right scrotal hernia present: non-tender . Abdominal hernia present: non-tender .

stool sample obtained-Overall: normal appearance , occult blood negative . Stool sample: occult blood negative .

#### **Genitourinary:**

penis-Overall: no lesions, no discharge .

scrotum/testes-Overall: no masses . Left scrotum: non-tender . Right scrotum: non-tender .

prostate-Overall: no tenderness . Left prostate: normal size , soft , non-tender . Right prostate normal size , soft , non-tender .

M: urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

M: bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

uterus-Overall: normal size . Position: a normal exam . Size: a normal exam . Mobility: a normal exam . Uterine mass: non-tender , soft .

cervix-Overall: no discharge . Inspection: no lesions . Motion tenderness: present .

labia and vagina-Overall: normal hair distribution , no lesions . Vaginal tone: a normal exam .

adnexa/parametria-Overall: no tenderness . Left adnexa: normal size , non-tender , soft . Right adnexa: normal size , non-tender , soft .

urethra-Overall: no masses . Inspection: non-tender , no masses , no lesions . Tone: a normal exam .

bladder-Overall: no tenderness . Palpation: non-tender , no masses , soft .

#### **Lymphatic:**

neck nodes-Overall: anterior cervical chain benign , posterior cervical chain benign , shotty lymphadenopathy . Left anterior cervical chain: a normal exam , soft , non-tender . Right anterior cervical chain: a normal exam , soft , non-tender . Left posterior cervical chain: a normal exam , soft , non-tender . Right posterior cervical chain: a normal exam , soft , non-tender .

other nodes-Overall: occipital chain benign , auricular chain benign , supraclavicular chain benign . Left occipital chain: a normal exam , soft , non-tender . Right occipital chain: a normal exam , soft , non-tender . Left auricular chain: a normal exam , soft , non-tender . Right auricular chain: a normal exam , soft , non-tender . Left supraclavicular: a normal exam , soft , non-tender . Right supraclavicular: a normal exam , soft , non-tender . Left infraclavicular: a normal exam , soft , non-tender . Right infraclavicular: a normal exam , soft , non-tender .

axilla/arm nodes-Overall: epitrochlear non-tender, not enlarged, axillary non-tender, not enlarged. Left epitrochlear: a normal exam, soft, non-tender. Right epitrochlear: a normal exam, soft, non-tender. Left axillary: a normal exam, soft, non-tender. Right axillary: a normal exam, soft, non-tender.

inguinal nodes-Overall: inguinal non-tender, not enlarged. Left inguinal node: a normal exam, soft, non-tender. Right inguinal node: a normal exam, soft, non-tender.

#### **Musculoskeletal:**

head and neck-Overall: head atraumatic, TMJ benign, cervical spine benign. Head: atraumatic, normocephalic. Deformities: no deformities. Left TMJ: a normal exam, non-tender, full closing, normal alignment. Right TMJ: a normal exam, non-tender, full closing, normal alignment. Cervical Spine: a normal exam.

digits and nails-Overall: no clubbing, digits benign. Nails: a normal exam. Digits: a normal exam. Left First CMC: a normal exam. Right First CMC: a normal exam. Left DIPs: a normal exam, non-tender. Right DIPs: a normal exam, non-tender. Left PIPs: a normal exam, non-tender. Right PIPs: a normal exam, non-tender. Left MCPs: a normal exam, non-tender. Right MCPs: a normal exam, non-tender.

right upper extremity-Overall: right shoulder benign, right elbow benign, right wrist benign, upper arm non-tender, without crepitus or defects, forearm non-tender, without crepitus or defects, hand non-tender, without crepitus or defects, full strength in RUE, normal RUE bulk and tone. Inspection - right shoulder: a normal exam. Palpation - right shoulder: a normal exam. ROM - right shoulder: a normal exam. Stability - right shoulder: a normal exam. Muscle Strength/Tone - right shoulder: a normal exam. Inspection - right upper arm: a normal exam. Inspection - right elbow: a normal exam. Palpation - right elbow: a normal exam. ROM - right elbow: a normal exam. Stability - right elbow: a normal exam. Muscle Strength/Tone - right elbow: a normal exam. Inspection - right forearm: a normal exam. Inspection - right wrist: a normal exam. Palpation - right wrist: a normal exam. ROM - right wrist: a normal exam. Stability - right wrist: a normal exam. Muscle Strength/Tone - right wrist: a normal exam. Inspection - right carpals: a normal exam. Inspection - right metacarpals: a normal exam.

left upper extremity-Overall: normal left shoulder, normal left elbow, normal left wrist, upper arm non-tender, without crepitus or defects, forearm non-tender, without crepitus or defects, hand non-tender, without crepitus or defects, full strength in LUE, normal LUE bulk and tone. Inspection - left shoulder: a normal exam. Palpation - left shoulder: a normal exam. ROM - left shoulder: a normal exam. Stability - left shoulder: a normal exam. Muscle Strength/Tone - left shoulder: a normal exam. Inspection - left upper arm: a normal exam. Inspection - left elbow: a normal exam. Palpation - left elbow: a normal exam. ROM - left elbow: a normal exam. Stability - left elbow: a normal exam. Muscle Strength/Tone - left elbow: a normal exam. Inspection - left forearm: a normal exam. Inspection - left wrist: a normal exam. Palpation - left wrist: a normal exam. ROM - left wrist: a normal exam. Stability - left wrist: a normal exam. Muscle Strength/Tone - left wrist: a normal exam. Inspection - left carpals: a normal exam. Inspection - left metacarpals: a normal exam.

right lower extremity-Overall: right knee benign, right ankle benign, right foot benign, lower leg non-tender, without crepitus or defects, thigh non-tender, without crepitus or defects, foot non-tender, without crepitus or defects, full strength in RLE, normal RLE bulk and tone. Inspection - right thigh: normal appearance. Inspection - right knee: a normal exam. Palpation - right knee: a normal exam, no effusion. ROM - right knee: a normal exam. Stability - right knee: a normal exam. Muscle Strength/Tone - right knee: a normal exam. Inspection - right lower leg: normal appearance. Inspection - right ankle: a normal exam. Palpation - right ankle: a normal exam. ROM - right ankle: a normal exam. Stability - right ankle: a normal exam. Muscle Strength/Tone - right ankle: a normal exam. Inspection - right foot: a normal exam. Palpation - right foot: a normal exam. ROM - right foot: a normal exam. Stability - right foot: a normal exam. Muscle Strength/Tone - right foot: a normal exam.

left lower extremity-Overall: left knee benign, left ankle benign, left foot benign, lower leg non-tender, without crepitus or defects, thigh non-tender, without crepitus or defects, foot non-tender, without crepitus or defects, full strength in LLE, normal LLE bulk and tone. Inspection - left thigh: normal appearance. Inspection - left knee: a normal exam. Palpation - left knee: a normal exam, no effusion. ROM - left knee: a normal exam. Stability - left knee: a normal exam. Muscle Strength/Tone - left knee: a normal exam. Inspection - left lower leg: normal appearance. Inspection - left ankle: a normal exam. Palpation - left ankle: **effusion, tender @ achilles tendon**. ROM - left ankle: a normal exam. Stability - left ankle: a normal exam. Muscle Strength/Tone - left ankle: a normal exam. Inspection - left foot: a normal exam. Palpation - left foot: a normal exam. ROM - left foot: a normal exam. Stability - left foot: a normal exam. Muscle Strength/Tone - left foot: a normal exam.

spine, ribs and pelvis-Overall: good posture, ribs benign, spine benign, sacroiliac joint benign, right hip benign, left hip benign. Posture: a normal exam. Ribs: a normal exam. Spine: a normal exam. Sacroiliac joints: a normal exam, nontender. Inspection - right hip: a normal exam. Palpation - right hip: a normal exam. ROM - right hip: a normal exam. Stability - right hip: a normal exam. Muscle Strength/Tone - right hip: a normal exam. Inspection - left hip: a normal exam. Palpation - left hip: a normal exam. ROM - left hip: a normal exam. Stability - left hip: a normal exam. Muscle Strength/Tone - left hip: a normal exam.

gait and station-Overall: normal gait, normal station.

#### **Integument:**

inspection of skin-Overall: no rash, lesions.

palpation-Overall: no induration, no tenderness . Face: non-tender . Neck: non-tender . Left arm: non-tender . Right arm: non-tender . Left hand: non-tender . Right hand: non-tender . Chest: non-tender . Back: non-tender . Buttock: non-tender . Left leg: non-tender . Right leg: non-tender . Left foot: non-tender . Right foot: non-tender .

**Neurologic:**

deep tendon reflexes-Overall: deep tendon reflexes intact .

sensation-Overall: intact to touch, pin, vibration, proprioception . Touch: (specify location of deficit): a normal exam , full closing .

mental status-Overall: alert , oriented , names 3 objects , normal serial 7's , spells words backwards , normal recall . Level of alertness: alert .

gait-Overall: no ataxia, no unsteadiness . Conventional walking: a normal exam . Tandem walking: a normal exam . Heel walking: a normal exam . Toe walking: a normal exam .

coordination-Overall: no dysdiadochokinesis, no dysmetria , no tremors . Rapid alternating movements - left hand: a normal exam . Rapid alternating movements - right hand: a normal exam . Rapid alternating movements - left foot: a normal exam . Rapid alternating movements - right foot: a normal exam . Finger-nose-finger testing - left: a normal exam . Finger-nose-finger testing - right: a normal exam . Heel-knee-shin testing - left: a normal exam . Heel-knee-shin testing - right: a normal exam .

cranial nerves-Overall: cranial nerves 1-12 intact . CN 2-left eye: a normal exam . CN 2-right eye: a normal exam .

Visual field: a normal exam . Left visual field: a normal exam . Right visual field: a normal exam . Pupillary size: Pupils equal . CN3,4,6: extraocular movements intact . CN7: a normal exam . CN12: a normal exam .

motor-Overall: normal bulk, tone . Tone: a normal exam . Fine motor movements: a normal exam .

**Psychiatric:**

orientation/consciousness-Overall: oriented to person, place and time . Level of consciousness: alert .

behavior/psychomotor activity-Overall: no tics, normal psychomotor activity . Behavior: a normal exam .

Psychomotor activity: a normal exam .

mood and affect-Overall: normal mood and affect . Affect: a normal exam .

appearance-Overall: well-groomed, good eye contact .

speech-Overall: normal quality, no aphasia , normal quality, quantity, rate , unimpaired reading, writing . Quality: a normal exam . Rate of production: a normal exam . Reading: a normal exam . Writing: a normal exam .

attention-Overall: normal digit recall and number repeating .

thought-Overall: normal form and content . Form of thought: a normal exam . Content of thought: a normal exam .

cognition/memory-Overall: immediate, recent, remote memory intact , normal concentration, intelligence .

Concentration: normal serial 7's . Abstract thinking: a normal exam .

judgment/insight-Overall: judgment and insight intact . Insight: a normal exam

**DX**

(726.79) - C - ANKLE ENTHESOPATHY OT

(726.71) - C - ACHILLES TENDINITIS/BURSITIS

(780.79) - C - OT MALAISE/FATIGUE

(278.01) - C - MORBID OBESITY

(796.2) - C - PREHYPERTENSION

(715.90) - C - OSTEOARTHRISIS UNSP SITE

(784.0) - C - HEADACHE

**Services Performed**

(99214) OFFICE/OUTPATIENT VISIT EST

Qty: 1

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Provider: Ruben Tejada 05/03/2013 02:01 PM





**Patient Name: Rosales, Dilcia****Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female****Phone: (479)282-6178**

| Record Date     | Information Type       | Remark | Status | Description |
|-----------------|------------------------|--------|--------|-------------|
| <u>5/6/2013</u> | Orders - Order for MRI |        |        |             |

**Orders - Order for MRI - 5/6/2013**

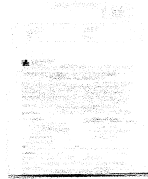
Approved By:

Approved On:

Order for MRI1**Orders - Order for MRI - 5/6/2013**

Approved By:

Approved On:

Order for MRI

Patient Name: Rosales, Dilcia

Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female

Phone: (479)282-6178

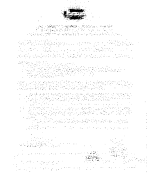


| Record Date     | Information Type                                  | Remark | Status | Description |
|-----------------|---------------------------------------------------|--------|--------|-------------|
| <u>5/7/2013</u> | Work Release -<br>Return to work<br>certification |        |        |             |

**Work Release - Return to work certification - 5/7/2013**

Approved By:

Approved On:



Return to work certification

**Patient Name: Rosales, Dilcia****Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female****Phone: (479)282-6178**

| Record Date     | Information Type          | Remark | Status | Description |
|-----------------|---------------------------|--------|--------|-------------|
| <u>5/7/2013</u> | Work Excuse - Work Excuse |        |        |             |

**Work Excuse - Work Excuse - 5/7/2013**

Approved By:

Approved On:

Work Excuse1**Work Excuse - Work Excuse - 5/7/2013**

Approved By:

Approved On:

Work Excuse

Patient Name: Rosales, Dilcia  
Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female  
Phone: (479)282-6178



| Record Date | Information Type                                | Remark | Status | Description |
|-------------|-------------------------------------------------|--------|--------|-------------|
| 5/20/2013   | MRI - MRI of Left knee w/out gadolinium 5-13-13 |        |        |             |

**MRI - MRI of Left knee w/out gadolinium 5-13-13 - 5/20/2013**

Approved By:

Approved On:



MRI of Left knee w/out gadolinium 5-13-13

**MRI - MRI of Left knee w/out gadolinium 5-13-13 - 5/20/2013**

Approved By:

Approved On:



MRI of Left knee w/out gadolinium 5-13-131

**Patient Name: Rosales, Dilcia****Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female****Phone: (479)282-6178**

| Record Date      | Information Type                                      | Remark | Status | Description |
|------------------|-------------------------------------------------------|--------|--------|-------------|
| <u>5/21/2013</u> | Physician Referral<br>Out - Physician<br>Referall out |        |        |             |

**Physician Referral Out - Physician Referall out - 5/21/2013**

Approved By:

Approved On:

Physician Referall out

**Patient Name: Rosales, Dilcia****Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female****Phone: (479)282-6178**

| Record Date      | Information Type          | Remark | Status | Description |
|------------------|---------------------------|--------|--------|-------------|
| <u>5/31/2013</u> | Work Excuse - Work Excuse |        |        |             |

**Work Excuse - Work Excuse - 5/31/2013**

Approved By:

Approved On:

Work Excuse

Patient Name: Rosales, Dilcia  
Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female  
Phone: (479)282-6178



| Record Date     | Information Type                                   | Remark | Status | Description |
|-----------------|----------------------------------------------------|--------|--------|-------------|
| <u>7/1/2013</u> | Operative Report -<br>Operative Report<br>06/13/13 |        |        |             |

**Operative Report - Operative  
Report 06/13/13 - 7/1/2013**

Approved By:

Approved On:



Operative Report 06/13/13

**Operative Report - Operative  
Report 06/13/13 - 7/1/2013**

Approved By:

Approved On:



Operative Report 06/13/131

**Operative Report - Operative  
Report 06/13/13 - 7/1/2013**

Approved By:

Approved On:



Operative Report 06/13/132



**Patient Name: Rosales, Dilcia****Medical Record #: DOB: 12/2/1966 Age: 47 Years Gender: Female****Phone: (479)282-6178**

| Record Date     | Information Type                                 | Remark | Status | Description |
|-----------------|--------------------------------------------------|--------|--------|-------------|
| <u>7/8/2013</u> | Consultation -<br>Consultation from<br>Dr.Cooper |        |        |             |

**Consultation - Consultation from  
Dr.Cooper - 7/8/2013**

Approved By:

Approved On:

A very faint, illegible signature, likely of Dr. Cooper, written in light ink.

Consultation from Dr.Cooper**Consultation - Consultation from  
Dr.Cooper - 7/8/2013**

Approved By:

Approved On:

A very faint, illegible signature, likely of Dr. Cooper, written in light ink.

Consultation from Dr.Cooper**Consultation - Consultation from  
Dr.Cooper - 7/8/2013**

Approved By:

Approved On:

A very faint, illegible signature, likely of Dr. Cooper, written in light ink.

Consultation from Dr.Cooper1