

FAMILY MEDICINE
Focused H&P

CC: Blood pressure check

PMH: The patient is a 51 year old female who presents for a check of blood pressure. Two weeks ago she had her blood pressure taken during a health fair at the mall. Her blood pressure measured 150/92 at that fair. It was recommended that she follow up with her primary care physician for a recheck on her blood pressure.

She denies a known history of high blood pressure. She states that she generally feels well with no other complaints. She denies a history of cardiovascular disease but has never had her cholesterol checked. She denies a history of chest pain, palpitations, dizziness, vertigo, or syncope. She denies a history of dyspnea, cough, or orthopnea. She denies a history of lower extremity edema. She denies a history of thyroid disease, heat or cold intolerance, recent weight changes, or diarrhea or constipation. She denies a history of anxiety, skin flushing, or diaphoresis. She does have a family history significant for hypertension, coronary artery disease, and stroke. She drinks alcohol on a daily basis but denies a history of smoking.

Allergies: NKMA

Meds: None

Health Maintenance:

Screening tests: last Pap test greater than 10 years ago, no previous mammogram

Exercise: none

Sleep: approximately 7 hours a night

Diet: varied

Immunizations: childhood immunizations, no recent influenza vaccine

Social Hx: Works as a manager of a local retail store. Nonsmoker. Drinks 1 alcoholic beverage daily. Happily married and spouse is very supportive. Has one daughter who lives out of state but stays in touch.

Family Hx: Father- HTN, coronary artery disease, triple CABG at age 52, died of stroke at 71yo.

Mother- HTN controlled on medication, alive and well at 72 yo.

Brother x 2- both with mild HTN, one with hypercholesterolemia

Daughter- Alive and well at age 28 yo

Surgical Hx: appendectomy at age 15 yo, left humerus fracture requiring surgery at age 32 from tennis injury.

ROS: Constitutional- no fever or decreased energy

Skin- No rashes, pruritis, or jaundice.

Head- No headaches, dizziness, or syncope

Eyes- No vision changes or pain
Ears- No tinnitus or changes in hearing
Nose- No congestion or rhinitis. No epistaxis.
Mouth/Throat- So throat soreness and dryness. No oral sores or dysphagia.
Neck- No pain or swelling.
Respiratory- No wheezing, coughing, orthopnea
Cardiovascular- As above
GI- No recent nausea, vomiting, diarrhea or constipation. No melena or hematochezia
GU- No dysuria or hematuria. No nocturia.
Endocrine- As above. No history of diabetes, polydipsia, or polyuria.

Physical Exam:

Vitals: T- 98.2, P-82, R-16, BP- 150/92 left arm sitting, 148/92 right arm sitting,
Ht- 5'7" Wt- 165 BMI- 25.9

General Appearance: Appears healthy and calm.

Skin: Warm and moist. No lesions or rashes.

HEENT: Oral mucosa is moist and without lesions, oropharynx pink with tonsils present. Fundoscopic exam shows a sharp disc with normal appearing vessels and no lesions.

Neck: No JVD, no thyroidomegaly or thyroid masses.

Cardiovascular: S1S2, RRR, no murmurs, no gallops. DP and radial pulses equal bilaterally. No lower extremity edema. Capillary refill less than 2 seconds.

Lungs: CTA bilaterally, no wheezes, rhonchi, or crackles.

Abdomen: soft, non-tender, non-distended, no bruits or pulsatile masses, bowel sounds are active, no organomegaly.

Lower extremities: No tenderness or edema. Calves are equal in size bilaterally.

ECG- normal sinus rhythm. No QRS, ST, or T wave abnormalities.

Assessment/Plan:

Elevated blood pressure. This is the second elevated blood pressure reading. We discussed dietary changes and the need to decrease salt intake, consistent with the DASH diet. We also encouraged her to begin a regular exercise routine and limit her alcohol consumption.. We will also check the following labs: CBC, electrolytes, BUN, creatinine, TSH, urinalysis, and cholesterol. We also ordered a chest x-ray. She will follow-up in 2-4 weeks for a blood pressure recheck. If the blood pressure is still elevated at that visit we will consider pharmacotherapy.