SAMANTHA BAGGETT

WOMEN’S SOAP NOTES

SUBJECTIVE DATA

Intro – BH, 24 year old Caucasian female, single.

CC: Patient is here for annual pap smear.

HPI: Patient states she is feeling well. Her last pap was performed here in our office about a year ago. Her periods are regular, LMP last week, no vaginal discharge or other complaints. On birth control pills and needs a refill on those today.

PMH:

Current Medications-

Sprintec (28) 0.25mg-35mcg tablets. 1 tablet daily for birth control

Allergies – NKDA

Prior Illnesses/Injuries – No past significant illness or injuries.

Previous Hospitalizations/Operations –

Tonsillectomy 2000

Immunizations/Health Maintenance–Childhood-Up to date.

Does not take yearly flu shot.

FH:

Father – no significant health history, "does't go to doctor regularly"

Mother – HTN

SH:

Pt is in good hygiene and dressed appropriately for weather conditions. Lives at home with parents. Patient has a job at local retail store in town. Never smoked. Social alcohol use.

ROS:

1.Constitutional symptoms- overall healthy, answers questions appropriately, laughs and smiles.

2. Eyes- denies vision problems

3. ENT- denies any hearing problems, no ear pain, no sore throat.

4. Cardiovascular- denies chest pain or palpitations

5. Respiratory- no respiratory distress, no SOB, no cough.

6. GI- bowel movements regular, no discomfort or abdominal pain

7. GU- no dysuria or other urinary issues identified. LMP last week, regular periods. No vaginal discharge or complaints of painful intercourse.

8. Musculoskeletal- denies any joint or muscle pain, walks independently without assistant devices

9. Integumentary- skin appearance appropriate for race, no rash or itching, wears sunscreen when outside for extended periods of time

10. Neurologic- denies HA. No tremors or weakness

11. Psychiatric- denies any depression/suicidal ideations; patient seems happy and answers questions appropriately

12. Endocrine- patient is not currently trying to diet/eat healthy or exercising, no complaints of fatigue.

13. Hematologic/lymphatic- no unusual fatigue, no swollen/tender cervical lymph nodes

14. Allergic/immunologic- no complaints of allergic symptoms at this time.

OBJECTIVE DATA:

1. Constitutional VS: Temp-98.2, HR-75, BP-119/86, Ht-61in, Wt-182lbs, BMI-34.39, Pt alert and oriented, pt answers questions appropriately. Talkative and smiling often.

2. Eyes - Extra ocular muscles intact, PERRLA.

3. Ear- No discharge, TM’s shiny, no bulging or cloudiness noted bilat. EAC clear, hearing intact, Nose-septum midline, no redness bilaterally. Throat – no erythema or exudates, tongue midline, mucous membranes moist and pink

4. Cardiovascular - Regular rate and rhythm, no murmurs, ectopy or rubs. No carotid bruits. No edema noted in extremities (both upper and lower).

5. Respiratory - clear without wheezes, no rales or rhonchi.

6. 7. Gastrointestinal/Genitourinary - Soft, non-tender. No masses or organomegaly. No abd pulsations or bruits. Femoral pulses are intact and equal bilaterally. Normal bowel sounds. Vaginal wall and cervix visualized, no abnormalities noted. Speculum exam shows normal physiologic discharge along with some thick yellowish/white discharge covering outer cervix. No odor noted. No adnexal tenderness. Pap and culture obtained. Bimanual exam negative for tenderness, masses or fullness. No external hemorrhoids. No palpable rectal masses.8. Musculoskeletal - FROM all extremities.

9. Integument /lymphatic pertaining to each location – pt skin color appropriate for race, no lesions or areas of No lymph node swelling or tenderness on palpation.

10. Neurologic - no weakness, strength equal bilaterally, answers questions and follows commands appropriately, no dementia symptoms noted.

Breasts - No abnormalities noted in appearance. Symmetrical. No discharge from nipples. Breasts and axillae without masses, lumps or tenderness.

11. Psychiatric - pt answers questions appropriately. Appropriate mood/affect.

12. Hematologic/ immunologic - no bruising noted, no unusual fatigue.

Diagnostic Testing/ Labs:

Awaiting pap smear and culture.

ASSESSENT/ANALYSIS:

Level of Visit – 99214

Diagnoses:

V72.31 - Routine Gynecological Exam

V76.19 - Screening Breast Exam

V25.01 - Prescription Oral Contraceptives

existing diagnoses:

None

PLAN/INTERVENTION/MANAGEMENT:

Medications Ordered:

To Pharmacy:

Medications Refilled:

Sprintec (28) 0.25mg-35mcg tablet. 1 package. 11 refills. Take one tablet by oral route once daily.

• Contraceptive 1: Monophasic OCPs (norgestimate/ethinyl estradiol)

• supresses LH and FSH, inhibiting ovulation, alters mucus and endometrium. Monitoring: blood pressure especially in those patient with HTN, HTN-related dz, or renal dz, glucose if pre-diabetes/diabetes, lipid panel if hyperlipidemia

o Willis Pharmacy :

• $32.24

o Wal-Mart Pharmacy

• $9.00

o Emerging Home Care Pharmacy

• $15

Education:

Continue monthly self-breast exams, not around time of period.

Safe sex practices discussed - Condom use and STD awareness.

Reiterate on how to properly take birth control pill. Take at same time everyday, if missed one pill may take the next day with that days does not to exceed 2 pills in a day.

Discuss healthy eating habits and importance of balanced diet and exercise. Drinking more water. Losing weight benefits discussed.

Will call patient with pap and culture results. If this pap is normal educated patient on now recommendation to have follow up pap every 2 years.