

Abdominal pain for • days. Caused by • . Improved by •. Aggravated by •. Feels like •.

Constipation • . Diarrhea •. Blood •.

On examination Temp • ENT • Chest is clear to auscultation. Abdomen soft, no tenderness or organomegaly. Liver and spleen •

Bowel sounds • Rectal •

Pain rating out of 10 •

Assessment •

Plan • Side effects of medications explained.

Return if worse or in • months.

• ankle injury • days ago

Mechanism of injury •

On exam, range of motion •

Swelling •

Ligaments •

Assessment •

Plan rest, ice, elevate, tensor, physio, advil 2 tabs every 4 hours, side effects like gastric upset explained, call in 1 or one week if no better.

Back Pain: Subjective: pain in • area for • . Night pain • . Radiation• .

Has tried • . Caused by • bowels • Bladder •

Objective: Spasm in • . Range of motion flexion, • Extension, •

Lateral rotation, • Reflexes •
Straight leg raising, •

Pain rating out of 10 •

Assessment:•

Plan: Physio, heat, hard bed, •

Side effects of medications explained.

Return if worse or in • months.

BP: Subjective: Feels• No chest pain or shortness of breath no swelling of ankles

Objective: BP is • Cardiovascular system, rate • rhythm • heart sounds S1 and S2 are normal, no murmurs.

Chest is clear to auscultation

Assessment: •

Plan: see prescription below plus diet, low salt and exercise handouts given out. Side effects of medications explained to patient like swelling of ankles for Norvasc and cough for Vasotec.

Return in • months or prn.

Cholesterol level as above is •

Subjective: Feeling •

Objective: ENT normal, Cardio Vascular System: heart sounds normal no murmurs, no Congestive Heart Failure, no Jugular Venous Distension, pulse, normal sinus rhythm. Chest is clear auscultation.

BP is •

Assessment: •

Plan: Diet, exercise.

Side effects of medications explained like muscle cramps with Lipitor.

Return in • months.

Depression for •

Fatigue •

Sleep •

Crying •

Blaming yourself or feeling worthless •

Lack of concentration•

Lack of joy •

Weight change •

Faster or slower than others •

Suicide •

Rx : exercise, omega 3 foods, sleep hygiene discussed. Side effects of medications explained for example gastric upset. Return in • months.

Bipolar

1. Has there ever been a period of time when you were not your usual self and...

...you felt so good or so hyper that other people thought you were not your normal self or you were so hyper that you got into trouble?

...you were so irritable that you shouted at people or started fights or arguments?

...you felt much more self-confident than usual?

...you got much less sleep than usual and found that you didn't really miss it?

...you were more talkative or spoke much faster than usual?

...thoughts raced through your head or you couldn't slow your mind down?

...you were so easily distracted by things around you that you had trouble concentrating or staying on track?

...you had more energy than usual?

...you were much more active or did many more things than usual?

...you were much more social or outgoing than usual, for example, you telephoned friends in the middle of the night?

...you were much more interested in sex than usual?

...you did things that were unusual for you or that other people might have thought were excessive, foolish, or risky?

...spending money got you or your family in trouble?

Diabetes

Latest HbA1C = never done ()

Latest Microalbumin/Creatine Ratio = never done
()

Latest Creatinine = never done ()

Latest Cholesterol = never done ()

Latest TG = never done ()

Latest LDL = never done ()

Latest HDL = never done ()

Latest Ophthalmology Consult =

Latest Optometry Consult =

Latest Podiatry Consult =

S:

Diet:

Exercise:

Smoking:

O:

BP: Fundi • Feet • CVS • RS •

A:

P: Diet , exercise, side effects of medications explained and return in • months. Hypoglycemia and hyperglycemia discussed.

Female Physical

Problem .

Functional Enquiry: Head and Neck •

Ears, Nose and Throat •

Respiratory •

endocrine •

Cardiovascular •

Gastrointestinal •

Genitourinary •

Musculoskeletal •

Neurological •

Wt: Ht: BMI•

General Appearance •

Ears Nose Throat •

Skin •

Breasts:

Cardiovascular system - Blood Pressure • Pulse •
Heart sounds • Jugular venous pressure • murmurs •
peripheral pulses •

Respiratory •

Central nervous system • - Pupils & Fundi • cranial
nerves. tone • power • Sensation • reflexes •

Vaginal exam •

Assessment •

Plan •

Headache

Subjective for • days. Cause • Where on head • Feels
like • Have tried •

Objective fever • neck stiff • Cranial nerves •
Reflexes • Pupils •

Pain rating out of 10 •

Assessment •

Plan. Side effects of medications explained.

Return in • months or if worse.

• Hip pain for • Due to •

On Exam • ROM • Wasting • Neuro •

Pain rating out of 10•

Assessment •

Plan • Physio, Advil 2 tabs every 4 hours. Side effects like gastric upset explained

• Knee pain for • Cause of problem •Range Of Motion •

Ligaments • Cartilages • Effusion • Redness •

Temp •

Pain rating out of 10 •

Assessment •

Plan • Weight loss. Advil 2 caps every 4 hours. Side effects like gastric upset explained.

Male Physical

Problem •

Functional Enquiry

Head and neck •

Ears, nose and throat •

Respiratory system •

Endocrine system •

Cardiovascular system •

Digestive system •

Genitourinary system •

Musculoskeletal system •

Central nervous system •

General appearance •

Wt: Ht: BMI•

Ears nose throat:

Skin & Mucosae:

Cardio vascular system - BP: Pulse: Heart Sounds:
JVP: Peripheral Pulses:

Respiratory system: Abdo: •

Central Nervous System - Pupils & Fundi: Cranial
nerves • tone • power • coordination • sensation •

Testes:• Prostate:•

Assessment •

Plan •

• Shoulder pain for • days. Caused by • . Range
of motion • . Crepitus • . Wasting • .

Neurological exam •

Pain rating out of 10 •

Assessment •

Plan: physio, Ice, heat

Side effects of medications explained.

Return if worse or in • months.

Skin Lesion for • days

Objective:

Size •

Shape •

Colour •

Itchy? •

Where on body? •

What has been tried? •

Assessment •

Plan •

Cold for • days. Sore throat • . Cough • . Earache • .
Sputum • . Shortness of breath •

Chest pain •

On Examination: Neck supple Temp • . ENT • .
Nodes • . Chest •

Assessment •

Plan: Advil liquigels 2, q4h prn, Koffex, 5 cc's q4h
prn, Cool mist vaporizer.

side effects of medications explained such as allergic
reactions, diarrhoea or yeast vaginitis in women.

Call or go to ER if worse or hard to breath or
drooling or unable to swallow.

Urinary Tract infection : Frequency and dysuria for •
days. Temperature • Costovertebral pain •
Abdomen •. Bowel sounds •

Assessment •

Plan drink cranberry juice, call if no better in 48
hours. Side effects of medications explained such as
diarrhea, allergic reactions and yeast vaginitis in
women.