

Student Intern's Name: _____

Date: _____

Re: Clara Turner

Biographic Data:

Clara Turner is a Caucasian female, born 11/1/1974 in Jackson County, Indiana, who is single and works as a data entry specialist.

Chief Complaint:

“My neck hurts.”

Present Problem/Illness:

Ms. Turner presented on (date), (year), complaining of neck pain. She reports the pain came on suddenly about two months ago. She thinks the cause may be from sleeping with her head and neck in an awkward position. The pain presents itself as “throbbing” upon awaking, becoming a dull ache during the day. There is occasional associated pain into the thoracic region, described as a dull muscle ache over the trapezium bilaterally. The pain has remained the same since its onset. The patient states that when she “pops” her neck by rotating and extending her head, the pain is temporarily relieved for approximately 45 minutes. She reports that nothing makes the pain worse. Ms. Turner reports no change in daily activities. The patient uses Arthricare analgesic rub for pain relief, but has not sought any other professional care for her complaint. She denies other current complaints or concerns.

Past Health History:

Ms. Turner feels she is in good health. She is overweight. She is under current care for depression, first diagnosed by a psychiatrist in 1999, for which she takes Effexor. The patient was hospitalized approximately 18 months ago for a severe allergic reaction to Wellbutrin. She also is taking Triphasil 28 for contraception. She takes an occasional multivitamin for “health” and Tylenol or ibuprofen for menstrual cramps or headache.

Injuries include the following:

- 1980: Dog bite near the eye.
- 1987: Facial lacerations (no fractures) from a bicycle accident.
- 1999-2000: Diagnosed by an orthopedist with a disc herniation at L4 after carrying a heavy stack of books that shifted during carriage. This resulted in an antalgic forward posture and inability to perform work duties for approximately one week.
- 2002: Strained back muscles from computer keyboard sitting too high upon the desk while at work.

Surgeries include the following:

- 1977: Tonsils removed due to repeated infections.
- 1999: Precancerous cells removed from cervix following routine gynecological exam.

Date: _____

Re: Clara Turner

Occupational History:

Ms. Turner is a data entry specialist at ACME Corporation. She works 50-60 hours per week in a seated position, using a computer monitor approximately 90% of the work day. The patient uses a headset approximately 80% of the time when speaking on the telephone. The patient also admits to twisting her body and lifting heavy books and other objects without getting out of her chair.

Social History:

Ms. Turner reports her job is moderately stressful. She rates it a 7 out of 10. She believes her home life is a mild stressor. She rates it a 4 out of 10. She enjoys quilting, reading, and watching television.

Habits:

Ms. Turner does not believe her diet is adequate. She eats excessive amounts of sugar and a moderate amount of fat. She drinks at least four carbonated beverages per day and one glass of water per day. She states that she does not get adequate sleep because she wakes up frequently during the night to urinate or is awakened by thoughts of uncompleted tasks at her job.

Family History:

Ms. Turner's father is in poor health. He has diabetes and three disc herniations in the lumbar spine. Her mother died in 1988 from a heart attack. She suffered from schizophrenia. Her maternal grandmother suffers from congestive heart failure. The health history of her other grandparents is unknown. The patient has no siblings.

Marital History:

Ms. Turner is single with no children, but has four cats and a roommate. She is currently involved in a long-term relationship with her boyfriend.

Review of Systems:

- | | |
|-------------------|---|
| Skin, Hair Nails: | The patient reports cyst-like swelling in the right upper nasolabial groove, which has become increasingly prominent over the last year. She also reports dry skin in the winter months. The patient has noticed an increase in number of skin tags on her body. An irregularly shaped mole with changing colors on her back is also reported. |
| Head & Neck: | She has frequent sinus headaches with ear pain and drainage. She also states that when her jaw "pops" out she can have headaches. She fainted once due to having pleuritis. Her eyes are sensitive to light at night especially while driving. She reports astigmatism. Her last eye exam was August 1999. She suffers from frequent colds, causing |

Date: _____

Re: Clara Turner

her to have a loss of smell. Ms. Turner notes a few cavities in her mouth, for which she has received dental treatment.

Respiratory System: Ms. Turner reports no complaints or symptoms of the respiratory system.

Cardiovascular Syst: Ms. Turner states that her fingers have been “swollen” since last winter and she has noted a decrease in grip strength.

Abdomen: Ms. Turner reports occasional gas and diarrhea. She also has noticed a decrease in appetite, but doesn’t have a scale to see if any weight has been lost.

Genitourinary Syst: Ms. Turner reports no complaints or concerns of the genitourinary system. She denies altered renal function and reports that she has regular menstrual cycles every 27 days. She reports occasional menstrual cramping which is relieved by NSAID.

The date of her last gynecological exam was April 2009.

Menarche Age: 11

Last period date: 11/4/09

NMS System: Ms. Turner notes occasional nervousness, especially in social situations. She feels that the strength in her neck has diminished since the onset of her chief complaint two months ago.

Active Problems:

	<u>Date</u>	<u>Problem</u>
1.	9/09	Neck pain
2.	1999	Depression
3.	1998	Swollen fingers
4.		The irregular shaped mole changing colors on her back
5.		Dry skin
6.		Decrease in appetite
7.		Frequent colds and anosmia
8.		Frequent sinus headaches
9.		Jaw “pops”
10.		Nasolabial groove nodule
11.		Photosensitivity
12.		Occasional gas and diarrhea

Date: _____

Re: Clara Turner

Inactive Problems:

	<u>Date</u>	<u>Problem</u>
1.		Sinus infection
2.	1999	Disc herniation at L4
3.	2002	Back strain
4.	1980	Dog bite near eye
5.	1987	Facial abrasions
6.	1977	Tonsillectomy
7.	6/01	Allergic reaction to Wellbutrin
8.	1999	Pleuritis
9.	1999	Removal of precancerous cervical cells

Doctor's Signature

Patient's Signature

Printed name:

Date:

Printed name:

Date: