

# NR602 iHuman Case

## Week 6 - Angela Cortez 17 y/o F CC: Fatigue

### History

- How can I help you today
- Do you have any other symptoms or concerns we should discuss
- How are your grades in school
- Have you been nervous, anxious, or worried about something
- Have you been feeling sad, depressed or hopeless? If so, how often do you feel this way
- Is it possible that you are pregnant
- Have you lost interest in or avoided social activities
- Have you had any thoughts of hurting or killing yourself
- Do you blame yourself for everything wrong
- Are you having any difficulty sleeping
- Do you find that it is hard to experience feelings like happiness, love, or satisfaction
- How is your appetite? Any recent change
- When did your fatigue/tiredness start
- What are the events surrounding the state of your fatigue/tiredness
- Does your fatigue/tiredness improve after a good nights rest
- Are you crying more than usual
- How would you described your moods
- Do you wish you were not alive anymore or fell asleep and didn't wake up? If so, how often have you had these thoughts
- Any new or recent change in medications
- Are you taking any OTC or herbal meds
- Are your immunizations UTD
- Do you have any allergies
- How is your family and family life
- Do you use any recreational drugs? If so, what
- Can you tell me about your diet? What do you normally eat
- Do you drink ETOH? If so, what do you drink and how many drinks per day
- Are you sexually active
- Has drinking ETOH ever caused you problems
- Has anyone suggested that you should reduce the amount of ETOH you drink
- Are there any guns in your home? If so, are they stored in a secure location
- Tell me about daily exercise or sports that you play
- Do you feel guilty about the amount of ETOH you drink
- ROS - all but nervousness, depression & muscle or joint pain & fatigue

### PE

- Vitals
  - HR 70bpm - regular - normal