

Part One Case Study

Subjective Data

Chief Complaint: weight gain and fatigue

HPI: G.V. is a 25-year-old female who presented to your primary care office two weeks ago with complaints of weight gain and increased fatigue. She stated she has gained 20lbs over the past two months. She reported that she has been sleeping more than usual, sometimes 12-14 hours a night. She stated that over the past six months she has also had a hard time concentrating on her work. She reported that she finds herself increasingly irritable and agitated with the smallest inconveniences, and often takes it out on her husband. Her mother recently passed away 6 months ago. She works as a case manager at a local hospital and stated it can be very stressful. She used to go to the gym three times a week but has such low energy, and little interest in being active anymore. She finds herself cancelling plans with friends because she feels too tired.

Current Medications: Loratadine 10mg daily, Famotidine 20mg daily

Demographic: African American

Risk Factors: Death of Mother, stressful job

PMH: Seasonal Allergies, GERD

PSxH: Appendectomy in 2012

Psych History: no known history

Social History: Married, no kids. Denies tobacco or recreational drug use. Drinks alcohol 1-2x a week. Daily caffeine drinker.

ROS:

General: Denies fever, chills, night sweats. Reports fatigue and increased sleep the past month. Reports increased weight gain of 20lbs over the past two months.

HEENT: Denies vision loss, hearing loss, sore throat, or tinnitus.

Neuro: Denies dizziness, headaches, vertigo, loss of balance or seizures. **Cardiovascular:** Denies chest pain, palpitations, or edema.

Respiratory: Denies dyspnea, shortness of breath, cough, hemoptysis, or wheezing.

Gastrointestinal: Reports increase in appetite; finds herself eating just to pass the time. Denies nausea, vomiting, diarrhea, constipation, or any abdominal pain.

Genitourinary: Denies dysuria, hematuria, unusual discharge, or nocturia.

Hematologic: Denies easy bruising or bleeding.

Psychiatric: Reports increased sleep, inability to concentrate, irritability. Denies history of