

CC: Having trouble with taking the bus to school

HPI: TK is a 47-year-old female with a history of HTN that presents today for feeling palpitations, rapid breathing and sweating about riding the bus to work or leaving the home along. Pt states she is worried she will contract COVID from the people on the bus. She has missed several days of work due to not being able to get on the bus. She states she has been feeling like this for a year since the pandemic and her father died of COVID. These feelings come on when she is thinking about getting to work or when she is getting ready to go to work or leaving the home. She denies having any of these symptoms while she is in her home.

PMH: HTN

PSH: Tonsillectomy as a child

SH/FH: TK is married without children. Father passed away last year from COVID. Mother passed away when she was 14 from Breast cancer. Works as receptionist at a hospital across town. She does not have a drivers license or a car and her only mode of transportation is the bus system. Denies smoking, drinks a bottle of wine every night.

Allergies: NKDA

Medications: Amlodipine 10 mg, daily.

ROS: (Subjective) What they tell you: When she experiences these episodes she has chest pain, SOB, sweating and Nausea.

Constitutional: In weather appropriate clothing and is wearing 2 face masks.

HEENT: Denies complaints.

PULM: Denies any SOB today but does get SOB that is hard to take a deep breath when she is having an episode.

CV: Has palpitations daily

GI/GU: Denies Diarrhea/Constipation or vomiting, blood in urine or stool, but does have nausea when she goes outside of her home.

EXT: Denies pain, tingling or numbness in upper or lower extremities, denies edema

Psych: Has been diagnosed with depression in the past but is not currently having treatment.

PE:

VS: T: 98.6 HR: 110 RR: 24 BP: 135/68 HT/WT: 66"/168BMI:27.12