

Week 3 Health History

by Office user

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Written Health History

Identifying Data:

Name: M.M.

Age: 37

Gender: Male

Source of history: Self

Reliability: The patient is a reliable historian

Subjective Data

Chief Complaint:

"I seem unable to control my worries and cannot concentrate at work."

History of Presenting Illness:

M.M., a 37-year-old Mexican American male, presents at the office complaining of uncontrolled worry and poor concentration at work. The patient also reports having problems sleeping over the past eight months, with the lack of sleep causing significant fatigue and sleepiness during the day. He also states that he has been having some muscle tensions, with stiffness around his neck and shoulders. He claims that he is worried about his ability to maintain a healthy work-life balance, especially now that he started a master's degree program. The symptoms have significantly affected his social functioning, and he spends less time with his wife and children. However, he denies having notable mood changes or being irritable since the symptoms started. He denies any known allergies to medications, food, or environmental triggers. M.M. denies alcohol use or any current or past tobacco, marijuana, or illicit substance use.

Past History:

Childhood illnesses: Chickenpox, measles, and flu

Adult illnesses:

Medical: Prediabetes (dx. 2020 and managed with metformin and lifestyle interventions); one sexual partner; no history of sexually transmitted infections

Surgical: Intramedullary nailing of a tibia fracture (2010)

Psychiatric: M.M. denies any past psychiatric diagnoses or hospitalizations

Health and Maintenance:

M.M. is up-to-date on all CDC-recommended vaccines. He routinely visits his primary care provider for routine check-ups, with the last visit being in June 2023. He also takes annual dental and eye check-ups.

Family History:

Maternal grandfather (90 years, deceased from stroke, with a history of diabetes and hypertension; paternal grandmother (87 years, deceased) with a history of diabetes and hyperlipidemia; father (67 years, alive) with diabetes and hypertension; maternal aunt (56 years, alive) diagnosed with major depressive disorder; no family history of any other psychiatric disorder

Personal and Social History:

M.M. is married and lives with his partner and five-year-old son in a four-bedroom townhouse. He works as a project manager in a tech firm operating across the country. He completed his bachelor's degree in computer science in 2010, pursued and completed a diploma in computer programming in 2013, and another diploma in project management. He is currently pursuing a master's degree in computer science. He reports a stable financial situation. His leisure activities include biking and hiking and often participates in barbecues with his friends. M.M. identifies as a staunch Christian who attends service at the local Baptist church. His lifestyle habits include a regular physical activity schedule, including morning runs and visiting the gym three times a week. The family does not own a gun but takes other safety measures. For example, he wears a seatbelt, the house has smoke detectors, and ensures his son wears a helmet when cycling. M.M. believes guns lead to significant harm to families and societies. He tries to maintain a balanced diet and always eats home-prepared foods. M.M. has a strong support system, including his spouse, colleagues at work, and friends. However, he reports long working hours, frequent absence from home due to work-related travelling, and juggling work and education as significant stressors.

Review of Systems:

General: Reports fatigue; denies fever, chills, or significant weight loss

Integumentary: Denies itching, rashes, color changes, dry skin, or sores

HEENT:

Head: M.M. denies a history of head injuries or trauma

Eyes: Patient denies changes to his vision or any visual impairments, with the last eye examination in June 2023 revealing normal vision

Ears: Denies tinnitus, hearing loss, discharge, pain, or infection

Nose and sinuses: Denies nasal discharge, congestion, itching, frequent colds, sinusitis, or nosebleeds

Throat: Denies tongue soreness, bleeding of gums, voice hoarseness, or sore throats

Respiratory: Denies respiratory complications or symptoms such as wheezing, syncope, or coughing

Cardiovascular: Reports that his heart has been “skipping a beat” when overwhelmed by the worries; denies history of any other cardiovascular problem

Article Error (ETS)

Gastrointestinal: Denies any gastrointestinal problems

Peripheral vascular: Denies problems with peripheral vasculature, such as intermittent leg pain, swelling, varicose veins, or cramps

Genitourinary: Denies genitourinary problems, including pain, swellings, changes in urinary patterns, or history of UTIs or STIs

Musculoskeletal: Reports muscle tension around his neck and shoulders; denies joint pain, stiffness, gout, arthritis, weakness, tenderness, or limitations of activity or motion;

Missing " " (S)

Psychiatric: Reports uncontrolled worry, nervousness, and tension; denies significant mood changes, suicidal ideation, or memory changes; denies history of psychiatric diagnoses, counseling, psychotherapy, or hospitalizations

Article Error (ETS)

Neurologic: Denies changes in orientation, speech, mood, insight, or judgment; denies headaches, syncope, dizziness, or vertigo; denies paralysis, weakness, tremors, numbness, tremors, or seizures

Hematologic: Denies history of anemia or easy bleeding and bruising

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Run-on (ETS)

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PAGE 1



Wrong Article You may have used the wrong article or pronoun. Proofread the sentence to make sure that the article or pronoun agrees with the word it describes.



Article Error You may need to use an article before this word.



Hyph. Review the rules for using punctuation marks.



Article Error You may need to use an article before this word. Consider using the article **the**.



Missing ", " Review the rules for using punctuation marks.

PAGE 2



Article Error You may need to use an article before this word. Consider using the article **a**.



Run-on This sentence may be a run-on sentence.



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Sp. This word is misspelled. Use a dictionary or spellchecker when you proofread your work.

PAGE 3



Article Error You may need to use an article before this word.



Missing ", " Review the rules for using punctuation marks.



Article Error You may need to use an article before this word.



Article Error You may need to use an article before this word.



Run-on This sentence may be a run-on sentence.