

George King

HPI

GK is a 64 yr old male with Chief complaint of Shortness of breath and being tired onset several weeks ago. He was seen at the clinic yesterday and found to have a hemoglobin of 10. The fatigue improves after sleeping and returns with any ambulation. The SOB worsens when climbing stairs and is relieved when resting or walking on flat ground. No attempted treatments and the symptoms are severe.

Problem Statement

GK is a 64 yr. old male, chief complaint: shortness of breath and tired. Positive subjective symptoms: tired, anemic, low energy, SOB worse with exertion, and occasional right knee pain. Denies dizziness, syncope, lightheadedness, chest pain, palpitations, nausea, vomiting, diarrhea; bloody or black stools, change in appetite, leg swelling, numbness, cough, or wheezing. Positive objective findings mild pallor, O2 sat 94% RA. Negative for orthostatic bp, tachycardia, tachypnea, respiratory distress, rectal bleeding, abd pain. PMH: Diabetes, HTN, CAD, History of smoking, positive for Alcohol.

Review of systems

General: Positive for tired and low energy. Denies Fever, weight loss, weight gain, weakness, changes in appetite.

HEENT/NECK: Head- trauma or tenderness. Eyes-denies changes in vision eye redness or drainage. Ears-denies pain or drainage. Nose- denies congestion, rhinorrhea, sinus pain. Throat-denies sore throat, hoarseness, or mouth sores. Neck- denies stiffness, pain, swollen glands, or limited ROM.

Cardiovascular: Denies chest pain, discomfort, or pressure; dizziness, palpitations, edema, decreased exercise tolerance, blue/cold fingers, or toes.

Respiratory: Shortness of breath, worse with exertion and climbing stairs, better with rest and walking on flat ground. Sleeps with 1 pillow. Denies wheezing, cough, coughing up blood, or SOB when lying.

Gastrointestinal: Positive for brown stools. Denies nausea, vomiting, constipation, diarrhea, coffee-ground emesis, dark/tarry or bloody stools, early satiety, or bloating.

Genitourinary: Denies pain with urination, burning, blood, hesitancy, incontinence, urgency, or frequency.

Musculoskeletal: Intermittent right knee pain. Denies muscle/joint pain, redness, swelling, muscle cramps, joint stiffness, joint swelling/redness, or back/neck/shoulder/hip pain.

Neurologic: Denies headaches, double/blurred vision, difficulty with night vision, difficulty hearing, ear pain, sinus problems, chronic sore throats, or difficulty swallowing.

Integumentary/Breast: Denies itchy scalp, skin changes, moles, thinning hair, or brittle nails. Denies breast discharge, lumps, scaly nipples, pain, swelling, or redness.

Psychiatric: Denies anxiety, depression, suicidal/homicidal thoughts/plans, mood swings.

Endocrine: Denies any heat or cold intolerance, increased thirst or sweating, frequent urination, or change in appetite.

Hematologic/lymphatic: Reports Hemoglobin of 10 from yesterday. Denies easy bruising. Neck- denies swollen glands.

Allergic/Immunologic: Denies allergies or recent infections.

do you have any problems with fatigue, difficulty sleeping, unintentional weight loss or gain, fevers or night sweats? no

Do you have any problems with an itchy scalp, skin changes, moles, thinning hair, or brittle nails? Nails less strong

Do you have any problems with headaches that don't go away with Aspirin or Tylenol, double or blurred vision, difficulty with night vision, problems with hearing, ear pain, sinus problem a chronic sore throat, or difficulty swallowing? no

Have you noticed any breast discharge, lumps, scaly nipples, pain, swelling, or redness? no

Do you experience enough chest pain discomfort or pressure; pain, pressure, dizziness with exertion or getting angry; Palpitations; decreased exercise and tolerance; Or blue slash cold fingers and toes? No, Don't really exercise

Do you experience any shortness of breath, wheezing, difficulty catching your breath, chronic cough, or sputum production? no

Do you have any problems with nausea, vomiting, Constipation, diarrhea, coffee grounds in your vomit, dark tarry stools, bright red blood in your bowel movements, early satiety, or bloating? no

When you urinate, do you notice any pain, burning, blood, difficulty starting or stopping, dribbling, incontinence, urgency during the day or night, or changes in frequency? no

Do you have any problems with muscle or joint pain, redness, swelling, muscle cramps, joint stiffness, joint swelling or redness, back pain, neck or shoulder pain, or hip pain?

Have you noticed any bruising, bleeding gums, nosebleeds, or other sites of increased bleeding?

Do you have any problems with heat or cold intolerance, increase thirst, increase sweating, frequent urination, or change in appetite?

Do you have any problems with dizziness, fainting, spinning room, seizures, weakness, numbness, tingling, or tremor?

Do you have any problems with nervousness, depression, lack of interest, sadness, memory loss, or mood changes, ever hear any voices or see things that you know aren't there?

PMS:

Diabetes, Hypertension, High Cholesterol, heart blockage, Right knee pain- intermittent

Hospitalizations/surgeries:

Heart procedure a few years ago

Medications:

Metformin, Glipizide, Chlorthalidone, Benazepril, Atorvastatin, Baby ASA

Allergies:

NKDA

Preventative Health:

No cancer screenings or colonoscopy

Immunizations:

Flu shot every winter

Family History:

Father – HTN, Diabetes, CVA

Mother – Diabetes, Heart disease, Thyroid

Brother – Diabetes, HTN

Social History:

Alcohol 1-2 drinks/week, socially

Tobacco – History of 1 PPD x 15 years, Quit 30 years ago

Physical exams

General: GK is a 64 year old male, who is awake, alert, oriented, and in no acute distress; well developed, hydrated, nourished, and normal weight; cooperative and appears stated age.

HEENT/NECK: Head-normocephalic, atraumatic without tenderness. Eyes-conjunctivae clear without exudates or hemorrhage; sclera non-icteric. Ears-external ears and canals are non-tender without swelling, no discharge from canals; tympanic membranes normal and appearance with normal landmarks and cone of light. Nose-nasal mucosa is pink and moist; nasal septum is midline; nares are patent bilaterally. Throat-oral mucosa is pink and moist with good dentation; posterior pharynx and tonsils are pink without erythema or exudate. Neck-supple without adenopathy; trachea is midline; thyroid gland is normal size without nodules or masses.

Cardiovascular: BP lying/sitting: 138/84, standing 122/78, Radial pulse 78. regular rate and rhythm without murmurs, rubs, gallops; S1 and S2 with normal intensity.

Chest/respiratory: RR 12, O2 sat 94 % RA. chest is symmetric, no deformity, chest wall is nontender; No signs of respiratory distress: lung sounds clear to all lobes without rales, ronchi, or wheezes; normal resonance upon percussion to all fields.

Abdomen: Soft, symmetric, nontender, without distention. No visible lesions or scars. Aorta is midline

Genitourinary/rectal: Genitourinary – Normal external genitalia appearance without lesions, swelling, discharge, masses, or tenderness. Vagina is pink and moist without lesions or discharge. Cervix is nontender without palpable masses, varicocele, or hydrocele. Rectal – Normal sphincter tone. Nontender. No Hemorrhoid/fissures

visualized. No external masses or lesions. Guaiac negative. Normal/absent, nontender, non-enlarged prostate without nodules.

Musculoskeletal: Upright posture, full range of motion to all extremities. No complaints of pain.

Neurologic: Awake, alert, oriented to person, place, and time. with normal speech.

Skin: Mild pallor, Warm, dry, and intact without rashes or lesions.

Psychiatric: appropriate mood and affect; Good judgment and insight.

Lymphatic: No anterior cervical lymph node , occipital, pre and postauricular, supraclavicular, or axillary lymph node enlargement or tenderness.

Management Plan

Diagnostics:

Bone Marrow Iron

CBC

Ferritin

Iron Level Blood

Peripheral blood smear

TIBC

TSAT

Fecal Occult Blood

Colonoscopy

EGD

Bone marrow iron, CBC, Ferritin, Iron level blood, peripheral blood smear, TIBC, and TSAT are all blood tests used to evaluate the make up, volume, size, color, and the ability to store iron of the blood cells. (Batchelor et al., 2020)

In the elderly population, Iron deficiency anemia accounts for approximately 15% of cases of anemia. These cases are associated with morbidity, mortality, and functional decline. (McQuilten et al., 2023)

Medications:

Ferrous sulfate 325 mg tablets, take one tablet by mouth three times a day, Dispense # 90, Refills 3.

Iron deficiency anemia occurs when there is not enough iron in the body to make hemoglobin, which is part of the blood that carries oxygen. This can be caused by blood loss or decreased absorption of iron from food. Common side effects of this are fatigue, headache, brittle nails, and weakness. Iron deficiency anemia is treatable and is usually done with oral iron supplements. Ferrous sulfate should be taken on an empty stomach at least an hour before or 2 hours after a meal. Avoid taking antacids or antibiotics within 2 hours of taking this medication. Ferrous sulfate can cause stomach cramps,