

NR602 Week 6 iHUMAN Angela Cortez-Depression



Name: Angela Cortez
Age: 17 y/o
Sex: F

Height: 64"

Weight: 168 lb

BMI: 28.8

Cognitive status: A and O x 4

Temp: 37.0 °C (98.6 °F) (oral)

Pulse: 70 bpm, rhythm: regular, strength: normal

BP: left: 110/74, right: 110/72, assessment: normotensive, pulse pressure: normal

Respiration: 14 bpm, rhythm: regular, effort: unlabored

SpO₂: 99%

GOOD QUESTIONS

1. **How can I help you today?** My mom made me come here because I'm tired all the time. (eyes are tearful, slightly annoyed tone of voice).
2. **Do you have any other symptoms or concerns we should discuss?** I don't think I have any symptoms...I'm just here because of my mother.
3. **When did your fatigue/tiredness start?** I don't know, maybe about two months or so ago?
4. **What are the events surrounding the start of your fatigue/tiredness?** I don't know (eyes are tearful). Maybe I just feel a lot of pressure because it's my senior year. They lay on a lot of pressure, you know?
5. **Does your fatigue/tiredness improve after a good night rest?** I think I get enough sleep, but I still wake up tired. It doesn't seem to matter I'm always tired.
6. **Have you been feeling sad, depressed, or hopeless? If so, how often do you feel this way?** No...well, I feel like I can't do anything right-school isn't fun anymore, just doesn't seem worth it most of the time. I get so upset and frustrated. I'm crying every day! I do find my parents irritating and they are always on my case (eyes are tearful)
7. **Have you been nervous, anxious, or worried about something?** Yeah. Especially about college. I know that if I don't get into college with a scholarship, then my parents will think that I'm worthless (starts crying). And there's no way I'll get it with how things are going so far this year.
8. **Are you crying more than usual?** Yeah..I cried daily after I lost my boyfriend, but that was months ago and I'm over it! I don't really understand why I started crying daily again, just this last month...But I'm really not thinking about him...I just find everybody annoying and so I start to cry!
9. **How are your grades in school?** I just can't focus on school as well as I used to. Last semester I had a 3.5 GPA. We've only had a few tests so far this fall, and I got a C's on two of them. I just don't care about my grades as much as I used to.
10. **Are you having difficulty sleeping?** No! Thank goodness, that's the only time no one bothers me at home.
11. **Do you blame yourself for everything wrong?** Yeah about my boyfriend, I'm not sure why he left me so that is probably my fault. But when it come to my family, they are just on my case and I don't understand it...I guess I have no one to blame but myself for my weight, if that's what you mean...
12. **Have you had any thoughts of hurting or killing yourself?** No, I would never do anything stupid like that. But sometimes I wish I could just disappear and not have to deal with anything anymore.
13. **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?** On some school days I wish I could just disappear and hide from the world.
14. **Have you gained or lost weight unintentionally, despite normal appetite and exercise?** I've put on some weight, maybe 25-30 pounds or so since last year. I wasn't trying to...I think its maybe just because I'm maturing as a women or maybe because I stopped track, I don't know. But now I've got these ugly stretch marks! Do you know what causes these? I hate them.
15. **Tell me about daily exercise or sports that you play?** None really now. I used to be on the track team, but I didn't try out. I just don't have the energy..(eyes are tearful).
16. **How would you describe your moods?** Well, my family say's I'm "crabby." And they want to blame it on me periods. But I feel the same way all month long...They just annoy me a lot, okay?
17. **Do you find that it is hard to experience feelings like happiness, love, or satisfaction?** I huess I might still be down from the breakup.
18. **Have you lost interest in or avoid social activities?** I don't avoid social activities...Well..maybe I do a little bit, since my boyfriend I had last year dumped me for one of my friends—we went to prom together. I haven't dated anyone since then, and I don't want to .
19. **How is your appetite? Any recent changes?** Sort of. I feel hungry all the time...
20. **Can you tell me about your diet? What do you normally eat?** I skip breakfast because I have been gaining weight...The rest of my diet is about the same, I have pizza and maybe French fries for lunch two or three times a week and French fries as a snack on the way home. My mom cooks dinner, but by the time I am doing my homework at night, I am so tired that I need snacks to keep me going.
21. **How is your family and family life?** I have to share a room with my sister, who is a freshman. I can't stand the way she is excited about high school and the messes she makes in our room drives me insane! My sister and her friends are so annoying, too (crying)!! My mother's constantly on me about spending too much time on the internet, rather than being social." As she calls it. And she's also on me about helping around the house. So, is that what you want to know?

22. **Are there any guns in your home? If so, are they stored in a secure location?** No guns
23. **Are you sexually active?** I had sex a few times last year with my boyfriend. That's over and I haven't done it since.
24. **Is it possible that you are pregnant?** That's what they all ask! I'm not pregnant! I've never been pregnant; my periods are like clockwork; my last one was two weeks ago; and, I certainly don't have those symptoms they drill into your head in Health. Besides, I don't have a boyfriend, okay?
25. **Any new or recent change in medications?** No, no prescription meds. Is that what you mean?
26. **Are you taking any OTC or herbal medications?** I take ibuprofen for menstrual cramps; they're there with each period, but not that bad.
27. **Do you drink alcohol? If so, what do you drink, and how many drinks per day?** I only really drink beers at parties...Well, maybe occasionally just with my friends. But it's not a problem.
28. **Has drinking alcohol ever caused you any problems?** No, but it probably did if my mom knew I drank as much as I do.
29. **Has anyone suggested that you should reduce the amount of alcohol you drink?** No
30. **Do you feel guilty about the amount of alcohol you drink?** Not at all.
31. **Do you use any recreational drugs? If so, what?** I tried marijuana once last year with my old boyfriend. Nothing else though.
32. **Are your immunizations up to date?** Yeah, they kind of have to be if I want to go to school.
33. **Do you have any allergies?** Not that I know of
34. **(Skin/hair/nails) Do you have any problems with itchy scalp, skin changes, moles, thinning hair, brittle nails?** What do you mean by skin changes?
35. **(HEENT) Do you have any problems with headaches that do not go away with aspirin or Tylenol, double or blurred vision, difficulty with night vision, problems hearing, ear pain, sinus problems, chronic sore throats, or difficulty swallowing?** No
36. **(BREAST) Have you noticed any discharge from your breast, lumps, scaly nipples, pain or swelling, redness?** No
37. **(CARDIAC) Do you experience chest pain, discomfort, pressure, pain/pressure/dizziness with exertion or getting angry; palpitations; decreased exercise tolerance; or blue/cold fingers and toes?** No
38. **(RESPIRATORY) Do you experience shortness of breath, wheezing, difficulty catching your breath, chronic, sputum production?** No
39. **(GI) Do you have problems with nausea, vomiting, constipation, diarrhea, coffee grounds in your vomit, dark tarry stool, bright red blood in your bowel movements, early satiety, or bloating?** No
40. **(HEMAT) Have you noticed any bruising, bleeding gums, nose bleeds, or other sites of increased bleeding?** No
41. **(NEURO) Do you have any of the following: dizziness, fainting, spinning room, seizures, weakness, numbness, tingling, or tremors?** No
42. **(GU) When you urinate, have you noticed; pain, difficulty starting or stopping, dribbling, incontinence, urgency during day or night, or any changes in frequency?** No
43. **(ENDOCRINE) Do you have problems with heat or cold intolerance, increased thirst or sweating, frequent urination or change in appetite?** Uh...I don't think so

Physical exam: 30% (score 100%)

VITAL SIGNS:

- **Height:** 5'4" (163 cm)
- **Weight:** 168 lb
- **BMI:** 28.8
- **Cognitive status:** A and O x 4
- **Temp:** 37 C (98.6 F) (oral)
- **Pulse:** 70 bpm, rhythm: regular, strength: normal
- **BP:** 110/74, left 110/72 right, assessment: normotensive, pulse pressure: normal
- **R:** 14 bpm, rhythm: regular, effort: unlabored
- **SpO2:** 99%

GENERAL: Patient reluctant to make eye contact.

HEENT/NECK:

HEAD:

- Inspect/palpate head: Normocephalic, atraumatic. No deformities. Facial features symmetric. Temporal arteries non-tender to palpation. Frontal and maxillary sinuses non-tender.
- Inspect/palpate head: No visible scaliness, edema, masses, lumps, deformities, scars, rashes, nevi or other lesions. Non-tender.

EYES:

- Inspect eyes: Sclerae anicteric. Conjunctivae without injection, discharge, or pallor. No periorbital edema or trauma. Eyes are tearful.
- Examine pupils: PERRLA
- Ocular motor: H-test normal
- Perform fundoscopic exam with ophthalmoscope: Red reflex bilaterally. Optic disk sharp.

EARS:

- Inspect ears: Normal appearing external structures. No deformities or edema. No discharge noted.
- Look in ears with otoscope: External auditory canals without erythema or cerumen. Tympanic membrane translucent, non-injected, and pinkish-gray in color. No scarring, discharge or purulence noted. Landmarks visible.

NOSE:

- Inspect nose: No discharge or polyps. No edema or tenderness over the frontal or maxillary sinuses.
- Look up nostrils: No polyps or discharge

THROAT:

- Inspect mouth/pharynx: Oropharynx not injected, clear mucosa, tonsils without exudate. Tongue pink, symmetrical. No swelling or ulcerations.

NECK:

- Inspect neck: No visible scars, deformities, or other lesions. Trachea is midline and freely mobile.
- Palpate neck: Neck supple, full range of motion. Thyroid WNL. No cervical lymphadenopathy.
- Ask patient to swallow: Normal exam, Thyroid moves with swallowing.
- Evaluate neck range of motion: Full range of motion

CARDIOVASCULAR:

- Auscultate heart: Heart sounds are normal, S1, S2 noted. No murmurs, gallops or clicks heard.

CHEST/RESPIRATORY:

- Auscultate the lungs: The chest is symmetrical and the anterior-posterior (AP) diameter is normal. The excursion with respiration is symmetrical and there are no abnormal retractions or use of accessory muscles. No distention, scars, masses or rashes..
- Visual inspection-anterior & posterior chest: The chest is symmetrical, and the anterior-posterior (AP) diameter is normal. The excursion with respiration is symmetrical and there are no abnormal retractions or use of accessory muscles. No distention, scars, masses or rashes.