

**S: (Subjective data)**

- E.M.
- Pt number 188
- 18 month 15 days old Caucasian female
- Informant
  - B.M.-mother
  - L.M.- father

**CC**

- “We brought her in for a routine checkup”-B.M.

**HPI**

E.M. is an 18 month old healthy appearing Caucasian female who presented to the clinic for a routine 18 month well-child visit. She lives with both parents and both are present for this appointment. She has one older sibling who is also in daycare. Her parents are attentive to her during this visit and both are answering questions about her developmental milestones. Mom reports that she eats very well and denies her being a picky eater. She reports that E.M. drinks 8-16 oz. of whole milk a day from a cup and feeds herself a variety of table foods without issue. E.M. is reported by her parents to sleep through the night in her own bed. She goes to bed at approximately 1930 each night. She does not use a bottle, sippy cup, or pacifier at bedtime. Her father reports that she does not use a pacifier in general. He also reports that she gets her teeth brushed twice daily. Mom reports that she interacts as she expects her to with new situations and with her peers in daycare. Mom denies that the daycare provider has reported any concerns. Both parents deny any concerns at this checkup and both parents agree she is on track since her last well child visit at 15 months of age.

## **PMH**

E.M. has had no major illness to date. She has no history of major problems. Her history does include:

- Immunizations up to date for age
  - UTD on the following:
    - Hep B
    - Rotavirus
    - DTap- fifth dose at 4-6 y/o
    - Hib
    - PCV 13
    - IPV- fourth dose at 4-6 y/o
    - MMR- second dose at 4-6 y/o
    - Varicella- second dose at 4-6 y/o
  - Due for her second Hep A vaccine today
  - Parents due elect to get influenza vaccine annually. Will be called when flu clinic is initiated
- Seasonal allergies
  - Treated with Zyrtec Children's Allergy 1mg/ml 5 ml daily

## **Screenings**

- Autism Spectrum Disorder
  - MCHAT
- Developmental Surveillance

## **PSH**

- None

Current Medications

- Zyrtec Children's Allergy 1mg/ml 5 ml daily

Allergies

- NKDA
- Seasonal allergies, no specific allergy tested has been completed

**FH**

- Mother living at 33. Alive and well
- Father living at 34. Alive and well
- Maternal grandparents both alive and well. Maternal grandfather with hypercholesterolemia
- Paternal grandparents both alive and well. Paternal grandfather with arthritis and hypertension. Maternal grandmother with hypertension.

**SH**

- Parents deny tobacco use, alcohol intake, or illegal drug use.
- Patient goes to daycare Monday through Friday
- Sits in 5 point harness car seat with latch system
- Lives with both parents and her older sister
- Drinks city water
- Uses Blue Cross Blue Shield for insurance with prescription drug coverage.
- Strong support system with close immediate and extended family.

**ROS**

- General appearance: this is a well-developed, well nourished, Caucasian female who appears to be in no distress.
- Skin: negative for rash, lesion, itching, hives, edema, abnormal skin color, or dryness.

- Head: unremarkable is normocephalic, with no bruising noted.
- Eyes: negative for itching, redness, swelling, discharge, photo phobia, visual loss.
- Ears: negative for ear pressure, pain, discharge, hearing loss.
- Nose: negative for nasal discharge, nasal congestion, sinus pain, nose bleed, sneezing, post nasal drip.
- Mouth and throat: negative for difficulty swallowing, hoarseness, mouth ulcers.
- Neck: negative for enlarged lymph nodes, pain, stiff neck, swelling.
- Respiratory: negative for cough, wheezing, dyspnea, tachypnea.
- Cardiovascular/Peripheral Vascular: negative for cyanosis, swelling, erythema of skin.
- Gastrointestinal: Negative for abdominal pain, nausea, vomiting, constipation, diarrhea
- Urinary: Negative for blood and urine, vaginal discharge
- Musculoskeletal: negative for weakness.
- Psychiatric: Negative for agitation, anxiety.
- Neurological: negative for weakness, loss of consciousness, unsteady gait, paralysis, and tremor.
- Hematologic: Negative for easy bruising or bleeding.
- Endocrine: Negative for heat or cold intolerance, excessive sweating, excessive thirst or hunger, polyuria.

**O: Objective**

- General Appearance: this is a well-developed, well nourished, Caucasian female who is currently appears to be in distress.
- Vital Signs: temp 97.9, respirations 26, blood pressure 96/62, heart rate 120
  - Ht 32.8 inches
  - Wt 26 lbs

- BMI 17.3
- Full Physical Exam
  - Head: unremarkable, normocephalic, with no bruising noted.
  - Eyes: Pupils are equal round and reactive to light. Sclera white, extra ocular movements intact. No hemorrhage or exudate noted.
  - Ears: clear external auditory canals, pinnae normal shape, no pre-auricular pits or skin tags. TM's visualized, pink-grey bilaterally with no bulging noted. No erythema or discharge.
  - Nose: nares patent bilaterally, septum midline, normal pink mucosa, no polyps, no discharge
  - Mouth/Throat: 10 teeth w/ -caries, tonsil without exudate, buccal mucosa moist, positive gag reflex. Oropharynx w/ no signs of erythema or ulceration. Normal movement of soft palate.
  - Neck: Supple with no lymphadenopathy. Trachea midline with full ROM. No JVD is appreciated.
  - CV: regularly irregular rate and rhythm, S1 and S2 were heard with no rubs, murmurs, or gallops. No S3 or S4 noted.
  - Pulmonary: Lungs clear to auscultation bilaterally. Patient is breathing comfortably on room air.
  - Gastrointestinal: abdomen soft, non-tender, non-distended, bowel sounds are present in all four quadrants. No organomegaly is palpated.
  - Extremities: no clubbing or cyanosis and noted. Bilateral lower extremities with no edema. Plus two pedal pulses noted bilaterally. Calves supple none tender.
  - Neurologic: patient in awake and alert with no focal deficit. Moves all extremities symmetrically with appropriate tone; DTRs with negative tremor/clonus; positive sensation.

- Psychiatric: Mood and affect appropriate. Well-adjusted and comfortable during exam.
- Skin: warm, dry, intact. No rashes, lesions, or unusual bruising.
- Musculoskeletal: Symmetrical with full ROM. Negative kyphosis, lordosis, joint swelling
- Motor: good muscle tone. Appropriate fine and gross motor skills.

**A: Assessment**

Diagnosis: Well Child Exam ICD9= V20.0

Procedure: OV PS Est Pt Age 1-4: 99392

Problem list

- No active major medical problems

Chronic health problems

- Seasonal allergies well controlled

Health Maintenance

- Safety
  - Car safety
  - Water safety
  - Wearing a helmet
  - Creating a safe environment to explore at home
    - Leaving medications and cleaners out of reach
- Behavior and consistency
  - Discipline
    - Time-outs
- Development
  - Reading with child

- Nutrition and oral health
  - Avoiding sugary drinks and encouraging water intake
  - Using whole milk until 2 years of age
  - Brushing teeth twice a day
- Healthy sleep habits
- Toilet training tips

**P: Plan**

This is a pleasant 18 month old female patient sitting in her mother's lap. She is developmentally appropriate for her age. She will receive her Hep A vaccine today. Her parents have completed the MCHAT for Autism screening and she passed this screen without concern. I have discussed health maintenance with the parents as listed above. Discussed anticipatory guidance for the next 6 months until 2 year visit. I have addressed and answered all parental questions regarding development. The parents have been given an educational handout for vaccine and expected 18 month development. Follow up visit to be scheduled for 2 year checkup and parents advised to return for annual influenza vaccine. Parents have verbalized understanding.