

# TM-FATIGUE (100192)

Category: Constitutional

Scheduled appt type: \_\_\_\_\_

CC \_\_\_\_\_

HPI \_\_\_\_\_

freeform ROS \_\_\_\_\_

## Structured ROS

Pert: fever/chills	_____
Denies: body aches	_____
Denies: not sleeping well	_____
Denies: loss of appetite	_____
Reports: fatigue	_____
Pert: weight loss or gain	_____
Pert: malaise	_____
Denies: headache	_____
Denies: night sweats	_____
Pert: sore throat	_____
Denies: mouth ulcers	_____
Denies: postnasal drip	_____
Denies: runny nose and/or nasal congestion	_____
Denies: ear pain	_____
Denies: daytime cough	_____
Denies: nighttime cough disturbing sleep	_____
Denies: nausea	_____
Denies: vomiting	_____
Denies: diarrhea	_____
Denies: constipation	_____
Denies: localized abdominal pain	_____
Denies: blood in stool	_____
Denies: cramping	_____
Denies: diffused abdominal pain	_____

Denies: decreased appetite	_____
Denies: dysuria	_____
Denies: urinary frequency	_____
Pert: irregular periods	_____
Denies: pain in joints but no visible swelling or redness	_____
Denies: pain in joints with swelling and redness	_____
Denies: muscle aches (myalgias)	_____
Denies: rashes or dry skin	_____
Denies: skin tone or texture changes	_____
Denies: easy bruising	_____
Denies: hair loss	_____
Denies: tremulousness	_____
Denies: polydipsia	_____
Denies: polyuria	_____
Denies: cold intolerance	_____
Denies: change in language, academic or work performance	_____
Denies: headaches increasing in severity or frequency	_____
Pert: Comments:	Stressor at home/school: _____
Pert: difficulty sleeping	_____
Denies: feeling sad	_____

**Structured exam**

NL: general appearance: alert, pleasant, not ill appearing, no distress	_____
NL: conjunctivae & lids: pink & moist	, no pallor or icterus (asked patient/parent to pull down lower eyelids to assess sclera and conjunctiva which was observed via video connection)
NL: external ears & nose	normal appearance of external nose/ears
NL: nares (nasal mucosa, septum and turbinates): clear	through video connection anterior nares inspected and clear without nasal flaring
NL: oropharynx: moist mucous membranes, without pharyngeal erythema or intraoral lesions	through video connection limited oropharynx inspection completed and normal
NL: without meningeal signs	patient asked to flex and extend neck without any difficulty on visualization or compensatory elevation of shoulders
NL: respiratory effort: no retractions, no tachypnea	, also no audible grunting or other indication for increased work of breathing
NL: extremities: no edema, brisk capillary refill	, with cooperation of patient/parent through video visualization of good perfusion with brisk capillary refill confirmed (asking patient/parent to demonstrate)
NL: range of motion: FROM without pain	FROM all extremities observed through video visualization by asking for patient/parent cooperation

NL: inspection (includes subcutaneous tissue): no rash	, no rash, no petechiae or bruising or other markings of skin
NL: mood & affect	no blunting of affect

Remaining template documentation elements

Counseling:	_____
Coordination of Care:	_____
Diagnosis:	Fatigue(R53.83)
Assessment:	_____
Plan:	History reviewed and exam considered with limitations acknowledged due to nature of virtual visit through a synchronous telecommunications system Discussed differential diagnosis with patient/parent Possible diagnoses include but are not limited to: anemia, thyroid problems, infectious processes, depression, inadequate sleep Consideration to ordering following labs: CBC, ferritin, ESR/CRP, chem complete, TFTs, EBV titers Exam limited by nature of virtual visit and inability to physically touch patient or perform auscultation In meantime discussed importance of balanced diet and adequate sleep as well as exercise Consider MVI/Fe supplement Discussed close observation for additional symptoms/concerns and when in person visit is appropriate/needed to gain additional information Recheck in office prn
Patient Instructions:	

Remaining workflow elements

Procedures

Orders