

Progress Note: 7/25/20

Subjective

Patient is a 28-year-old man who presents today for follow-up. He was previously seen in clinic 3/19 and 5/1. Briefly, on 3/19 he described experiencing concern and general uncertainty as to the developing COVID pandemic. His medical school rotations were essentially canceled for the time being and learning became “virtual”. At that time there was a lot of confusion as to what would happen in terms of medical education and how/when students would be allowed to return to the hospital. On 5/1, he returned to clinic (via video visit) with symptoms of Zoom meeting burnout and social distancing fatigue. Despite these concerns, he was notably more optimistic regarding how the pandemic is affecting others. He noted that he had been making efforts to keep in touch with friends and family.

Today he reports doing well aside from minor lack of sleep. His clinical rotations have resumed. Notes that patients he sees have been affected differently by the precautions and changes in the delivery of healthcare. He describes that some patients have been able to utilize telehealth for their care while others may not be able to afford or otherwise make use of this technology, noting that this may ultimately harm those patients and provide sub-optimal care.

Denies vision changes, headache, fevers/chills, cough, SOB, chest pain, palpitations, abdominal pain, n/v.

Objective

Vitals: T 37C BP 116/74 HR 62 RR 14 SpO2 98% on RA

Physical Exam:

GENERAL: Alert, well developed, in no acute distress.

MENTAL STATUS: Judgment and insight appropriate for age. Oriented to time, place and person. No recent loss of memory. Affect appropriate for age.

EYES: Pupils equal and reactive to light. Extraocular muscles intact.

ENT: Oropharynx clear, mucous membranes moist. Tympanic membranes clear bilaterally.

Trachea midline. No lymph node swelling or tenderness.

RESPIRATORY: Clear to auscultation and percussion. No wheezing, rales or rhonchi.

CARDIOVASCULAR: Heart sounds normal. Regular rate and rhythm, no murmurs, rubs or gallops.

GASTROINTESTINAL: Abdomen soft, nondistended. No hepatosplenomegaly.

NEUROLOGIC: Cranial nerves II-XII grossly intact. No focal neurological deficits. Moves all extremities spontaneously. Sensation intact bilaterally.

SKIN: No rashes or lesions. No petechia. No purpura. Good turgor. No edema.

MUSCULOSKELETAL: No cyanosis or clubbing. No gross deformities.

Assessment/Plan

Patient is making appropriate progress. Initially goals and concerns were short-sighted and self-centered at the start of the pandemic, focusing on return to “normal”. They have since progressed to concern for the well-being of others both in the community and those needing healthcare. During today’s visit he was notably more concerned with how healthcare can be delivered equitably to those who need it, while being mindful of the demands placed on patients in high risk categories. Exam was unremarkable. Judgment and insight remain intact. We will plan to follow up with return to clinic in 1 month. He expressed understanding and agreement of the plan as listed below.

- Recommended continuing physical activity at sustainable levels with time required by clinical rotations
- Encouraged adequate sleep, discussed sleep hygiene. Try for 7+ hours each night.
- Recommended continuing to wear face coverings while in public. He is doing well with this and remarked encouraging others to do the same.
- Discussed self-management of worry and stress especially with uncharted virtual residency applications and interviews.