

PATIENT NAME: Keila Plaragen

PATIENT DOB: 6/4/09

Weds DATE OF VISIT: 4/6/22

REASON FOR VISIT: ing. discomfort w/ mom + dad
ED flu

- ⑤ - ER Mon ^{4/4} am - For vomit + 16, ? bilious emess, + diarrhea
BMP, UA, UPT, COVID, Flu, RSV NL/neg (glucose 153)
- IV fluids + IV nausea med, viral gastroenteritis, DC on po med (ondansetron)
- vaginal irritation - same, ^{for} years, maybe fluctuates? ^{menarche yet} clear or white, scant on underwear
- candida, trich, BV neg ^{discharge} odor - fishy? ^{tylenol yesterday} for HA w/ standing
- today - dizzy, lightheaded when stand, flushed, nausea - last y
drinking more sips (water + apple juice) ^{sees spots or black}
solids - crackers, croissant today
improve when lay down

SV since Monday
last BM yesterday - diarrhea ^{consistency}, pain

think hemorrhoid? blood on TP only

- ⑥ Well appearing, pleasant
PERRLA, EOMs, sclerae white, ^{chaperone: mom} pallor
OP NL color, moist
Lymphadenopathy, NL thyroid
RRR w/o murmur
CTAB

soft, ND, (+) mild hepatomegaly (~1-3cm below costal margin) + very tender to palpation, ^{abdominal} tenderness elsewhere, ^{no} mass or splenomegaly
Good cap refill, no skin pallor or jaundice
GU - no rash, no excoriation, scant white discharge

- A/P
- 1) Viral gastroenteritis w/ presyncope w/ standing - due to dehydration although well perfused + MMM on exam. V/N/D resolved.
- Continue to advance diet slowly (dairy last) + encourage fluids w/ sugar/electrolytes
- Stand slowly, sit if feel presyncope w/ head between knees until passy
 - 2) Vulvovaginitis, swab negative + no infectious appearance (hx or exam), no lichen sclerosis on exam, possibly hygiene/irritant related. Cont to monitor.
 - 3) ? Hepatomegaly - mild size but tender, no systemic sx
Add on labs to GD sample - ALT, AST, Alk Phos, bili
- If nl, consider re-examine vs ultrasound before further w/u (CBCd, etc.) ^{can't add onto ED}

Discussed plan w/ both mom + dad in person + individually on phone.

Ante

Time spent: 45 min

Date: 5/2/22

12 yo (almost 13)

Pre-adolescent check-up:

Accompanied by: mom + dad - met together + alone

Concerns:

- cough lingering, runny nose, restart claritin? hx helping in spring-fall, ran out so didn't restart

(Back to back viral URI w/ allergic rhinitis, restart Claritin d x 2 weeks, or stopped albuterol)

- anxiety (see below)

yogurt

increased

CONFIDENTIAL

(NOT TO BE COPIED)

Medications: Claritin 10 mg daily

Allergies (new): Osco Water yet this year needs retest (helps cont thru allergy season)

Diet: fruits ☐ vegetables ☐ dairy ☒ meats ☐ How much milk per day? % fat ___

Teeth: brushing 2 x/day; flossing ☐ dentist ☒ Pain anywhere?

Elimination:

braes tightened

Sleep: ___ hours/night

Development: School: grade 7th happy with grades? teacher - science favorite

Behavior problems?

Extracurricular / hobbies draw, slime, theater

Exercise run, skateboard, bike

Television/computer: ___ hrs/day phone, watch, iPad, TV

rec path

screen rules

dad - not in bedroom, not after dinner, avoid certain apps, mom - not bedtime

Safety:

seat belt ☐

helmet ☒

gun contact ☐

sunscreen ☐

Social:

Family

Changes?

Fri-Fri

alternate weeks

Friends

yes

treated disrespectfully by anyone?

disrespectful towards anyone?

Moods:

thoughts about hurting self? ☒ , ☒ SI

PHQ9 = 19 = moderately severe depression

GAD7 = 21 = severe anxiety

Puberty:

changes? breast + pubic hair ~1-2 years ago

Menarche: not yet

sources of information: mom

Substance abuse:

cigarettes?

other substances?

Anxiety

moods - happy, anxious + nervous sometimes sad + upset

past worsening few months

especially at dad's

(step mom + half sib x2)

i.e. leg hurt, text mom - want reassurance, don't get it always, dad - complain about vent's reassurance

- less freedom, different rules, specific friends only, - stress - bring clothes + stuffed animal from mom's, always brought up + "ishy"

~12y therapist Rebecca Ruid today last Thurs + Mon

Excoriation disorder pick nails + hairline scabs + hairline

helps - shampoo, polish, fidget, slime

but also

mom's - (step dad + step sister + name)

- mostly somatic/physical complaints

new panic attacks few months ~1x every few weeks

dad's house or going there or mom

current goals

calming + breathing exercises

meet grandma

- severe situational anxiety triggered by parental conflict, esp at dad's house.

Discussed med option - not interested at this time, esp Ed (concern developing brain + not needed).

Cont weekly therapy -> CBT for skin picking + panic attacks. Continue "foolkit" like slime

+ have at both houses. Relaxation + Stress Reduction Workbook. Parents need to coparent. Flu in Imo.

Time spent: 2 hours - > 1h beyond WCL.

Richmond Pediatric and Adolescent Medicine

Pt Name: Leila Flanagan

Pt. DOB: 6/4/09

Date: 5/2/22

12 yo (almost 13)

Pre-adolescent check-up:

Sports: chest pain with exertion? ☒
 shortness of breath with exertion? ☒
 fainting / blackouts? ☒
 family history sudden cardiac death? ☒

→ PGP ~~11/1~~ ^{H5} but lived much later
 dad HLD 30s
 HLD MGM 50s
 screen when post-pub

Objective:

	500 Hz	1000 Hz	2000 Hz	4000 Hz	6000 Hz
R	db	db	db	db	db
Lt	db	db	db	db	db

Vision: Rt 20 / 20 Lt 20 / 20

Hearing tested last yr. No concerns

Physical Exam: RR: 18 Pulse: 110/74 BP: 110/74 Temp: 98.0
 (✓ = normal) Wt: 132 lb 8 oz Ht / L: 63 3/4 in BMI: 22.8 % ile
90 % ile 75 % ile

General Appearance

Eyes	Conjunctivae clear ☒ PERRL ☒ EOMI ☒ Fundoscopic disc margins sharp ☒ vessels ☒
Ears	Rt canal ☒ TM translucent ☒ landmarks ☒ Lt canal ☒ TM translucent ☒ landmarks ☒
Nose	patent nares ☒ mucosa ☒
Oropharynx	mucosa ☒ teeth ☒ tonsils ☒ <u>blotchy purple</u>
Neck	lymph nodes ☒ thyroid ☒
Breast	nipples ☒ Tanner stage: <u>4</u> masses? ☒
Lungs	clear throughout ☒
Cardiovascular	Rhythm regular ☒ S1 ☒ S2 splits ☒ Murmur? ☒ pulses without radial / brachial - femoral delay ☒
Abdomen	bowel sounds ☒ absence of bruit ☒ soft ☒ nondistended ☒ nontender ☒ mass? ☒ palpable liver? ☒ spleen? ☒ kidneys? ☒ <u>spleen tip only</u>
Inguinal	nodes ☒
Genitourinary / Perineal	testes ☒ penis ☒ labia ☒ hymen ☒ Tanner stage: <u>4</u> anus ☒
Musculoskeletal	Gait ☒
Spine	scoliosis? ☒ equal leg lengths ☒
Neurologic	UE <u>4</u> ; LE <u>4</u> ; symmetric? ☒
DTR's	finger → nose ☒ heel → toe gait ☒ Romberg ☒
Cerebellar	
Integument	hair ☒ nails ☒ skin ☒ <u>petechiae, bruising</u>

Abnormalities:

Slight ↓ size / stable from last exam, less tender
 slightly more prominent from last exam, non-tender

chaperone offered, patient declined

Keep apt (US Thurs)
 Plu result eval size + appearance for reassurance (LFTs prev N/A CBCd not yet evaluated)

Impression:

Growth normal ☒
 Fit for competitive sports ☒
 Limitations? ☒

Plan: Immunizations: UTD ☒ HPV #1 ☒ declined → defer until 13y WCC

Medications:
 Follow-up: 1 mo (anxiety)

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MODIFIED PATIENT HEALTH QUESTIONNAIRE-9

Name: Leila Flanagan

Clinician: Dr. Andrea Tidman

Date: 5/2/22

Instructions: How often have you been bothered by each of the following symptoms during the past two weeks? For each symptom put an "X" in the box beneath the answer that best describes how you have been feeling.

	Not At All (0)	Several Days (1)	More Than Half The Days (2)	Nearly Every Day (3)
1. Feeling down, depressed, or hopeless?			X	
2. Little interest or pleasure in doing things?		X		
3. Trouble falling asleep, staying asleep, or sleeping too much?				X
4. Poor appetite, weight loss, or overeating? <i>When nervous to do things like go to school</i>				X
5. Feeling tired, or having little energy?				X
6. Feeling bad about yourself – or feeling that you are a failure, or that you have let yourself or your family down?		X		
7. Trouble concentrating on things like school work, reading, or watching TV?				X
8. Moving or speaking so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?				X
9. Thoughts that you would be better off dead, or of hurting yourself in some way?	X			

In the past year have you felt depressed or sad most days, even if you felt okay sometimes?
☒ Yes ☐ No *maybe half. mostly when at my desk.* (19)

If you are experiencing any of the problems on this form, how **difficult** have these problems made it for you to do your work, take care of things at home or get along with other people?
☐ Not difficult at all ☐ Somewhat difficult ☒ Very difficult ☐ Extremely difficult

Has there been a time in the past month when you have had serious thoughts about ending your life?
☐ Yes ☒ No

Have you **EVER**, in your **WHOLE LIFE**, tried to kill yourself or made a suicide attempt?
☐ Yes ☒ No

*If you have had thoughts that you would be better off dead or of hurting yourself in some way, please discuss this with your Health Care Clinician, go to a hospital emergency room or call 911.

Office use only: Severity score:

Richmond Pediatric and Adolescent Medicine

Urination problems
Vaginal discomfort
Cough
Exhaustion

Pt Name: Leila Flanagan

Pt. DOB: 6/4/09

Date of visit: 4/21/22

Reason for Visit: abd pain

4/25/22

C9300 better
all pain
Pitd.
fighting
tired

- S: 1) Cold x 10d, HA, cough, runny nose, fatigue. ~~fever~~, Using albuterol MDI - ^{notes} jittery side effect
sometimes don't know if anxiety vs asthma (no official dx) causing dyspnea. COVID x 2 neg.
2) Urination - Peed only once on 8h NJ drive, fine since albuterol doesn't clearly help
then, dysuria/hematuria/frequency
3) vaginal irritation - same as before, thinks maybe discharge ↑, itching
4) Liver - worried since last visit, hurt when sick last week, better now.
itching, pallor, jaundice

Meds: 5) Anxiety - seeing therapist tomorrow

Allergies:

O: VS: Temp: P: RR: O2Sat: wt: Pain?:

PE:	Normal	Abnormal	Explain Abnormal Findings:
General appearance:	☒	☐	
Skin:	☒	☐	<u>jaundice</u>
HEENT:	☒	☐	
TMs:	☒	☐	
OP:	☒	☐	
Neck:	☒	☐	
Chest/Lungs:	☒	☐	<u>cough/wheeze/crackles, good aeration</u>
Cardiovascular:	☒	☐	
Abdomen:	☐	☒	<u>(+) hepatomegaly stable from last visit, still very tender,</u> <u>erythema or discharge</u> ^{(+) spleen tip also} <u>edema</u> ^{palpable} ^{nontender}
GU:	☒	☐	
Extremities:	☒	☐	
Neurologic:	☐	☐	

chaperone: mom

Labs/Tests:

- Assessment: 1) Viral URI - no clear asthma component - albuterol not clearly working. OK to DC, but keep if emergency (reviewed sx resp distress) - not just cough + anxiety.
2) Reviewed NL urine patterns vs sx UTI vs withholding fluid (edema)
3) Vulvovaginitis - no test needed. Hygiene + only.
Plan: 4) Persistent hepatomegaly - now spleen tip too (not concerning size), rec US to be safe, reassuring that LFTs NL
If truly enlarged, would consider CBCd, LDH, uric acid
US faxed
5) Anxiety - not enough time to adequately evaluate today. Rec see therapist tomorrow (1st visit in 3w) + f/u at WCC next wk (will be #1 discussion point).

Signature:

an

Time spent: 45 min

Generalized Anxiety Disorder 7-Item (GAD-7) Scale

Name: HIC

Date: _____

t.

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not At All	Several Days	Over Half the Days	Nearly Every Day
1. Feeling nervous, anxious, or on edge	☐ 0	☐ 1	☐ 2	☒ 3
2. Not being able to stop or control worrying	☐ 0	☐ 1	☐ 2	☒ 3
3. Worrying too much about different things	☐ 0	☐ 1	☐ 2	☒ 3
4. Trouble relaxing	☐ 0	☐ 1	☐ 2	☒ 3
5. Being so restless that it's hard to sit still	☐ 0	☐ 1	☐ 2	☒ 3
6. Becoming easily annoyed or irritable	☐ 0	☐ 1	☐ 2	☒ 3
7. Feeling afraid as if something awful might happen	☐ 0	☐ 1	☐ 2	☒ 3

Add Scores for Each Column

☐ + ☐ + ☐ + ☐

Total Score (Sum of Column Scores)

All (21)

If any of the above problems were identified, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

☐ Not Difficult At All
 ☐ Somewhat Difficult
 ☐ Very Difficult
 ☒ Extremely Difficult

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PATIENT NAME: Leila Flanagan
 PATIENT DOB: 6/4/05
 DATE OF VISIT: 5/31/22
 REASON FOR VISIT: Flu + anxiety
 + hepatosplenomegaly

- (S) - anxiety still all time high
 #802-847-3634 direct 802-847-7967, cell 802-399-8968
 rec psychiatrist referral (from thr Michael Gillman, Nancy + partner - goes)
 therapist Rebecca Ruid, sometimes feels like on dad's side than Leila's side, g 1 week (tele)
 wants someone just for her + someone for family therapy (Rebecca) (Michael? psychiatrist)
 haven't been to dad's 3wks, nighttime worst (most anxious)
 triggers: family conflict,
 but also random, mom walk by bathroom → startle reflex, on edge all the time
 picking behavior, what stable helps: fidgets + mom call out ✓
 + gives alternative (hold hand)

- PedHem 6/3
 PedRheum 6/8 > appts scheduled, liver doesn't hurt as much
 - eye pain after Stone borax → mascara → chlorine from pool, resolved → reassurance

- (C) GAD7=21
 Well, some skin picking
 No pallor, PERRLA, OP clear, no lymphadenopathy/cerv, supraclav, axillary, inguinal
 RRR w/o murmur, CTAD
 Abd soft
 liver 3cm tender
 spleen 2cm nontender > stable - slight ↑ size

- (A/P) - Hepatosplenomegaly - w/up sig for ⊕ANA only. Flu w/ Hem + Rheum this week + next as planned.

- Anxiety - situational + generalized. several somatic sx but unclear which due to anxiety while HSM w/u in process.

- Call Rebecca Ruid, left VM 6/1, relay Leila's desire to have her as personal therapist + someone else for family. Called back 6/6 - 25 min convo - working on set boundaries "grown up problem that Leila's dropped off late" so Leila not stuck in middle. Maybe will refer intensive family therapy (Haward in person for dropoffs. Ed might decline). No psych referral. Maybe talk Michael vs Nancy + Michael boundaries / shut down affect Leila.
 - Continue behavior mod for picking
 - No med at this time. Will try Δtherapy 1st + ongoing need to ↓ family conflict.
 - Called Ed, left VM 6/1

- Flu 1 month

MZ

Time spent: @ 0 min

Generalized Anxiety Disorder 7-Item (GAD-7) Scale

Name: Leila Flanagan Date: 9/31/22

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not At All	Several Days	Over Half the Days	Nearly Every Day
1. Feeling nervous, anxious, or on edge	☐ 0	☐ 1	☐ 2	☒ 3
2. Not being able to stop or control worrying	☐ 0	☐ 1	☐ 2	☒ 3
3. Worrying too much about different things	☐ 0	☐ 1	☐ 2	☒ 3
4. Trouble relaxing	☐ 0	☐ 1	☐ 2	☒ 3
5. Being so restless that it's hard to sit still	☐ 0	☐ 1	☐ 2	☒ 3
6. Becoming easily annoyed or irritable	☐ 0	☐ 1	☐ 2	☒ 3
7. Feeling afraid as if something awful might happen	☐ 0	☐ 1	☐ 2	☒ 3

Add Scores for Each Column

Total Score (Sum of Column Scores)

☐	+	☐	+	☐	+	☒
						<u>All</u>

If any of the above problems were identified, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

☐ Not Difficult At All
 ☐ Somewhat Difficult
 ☐ Very Difficult
 ☒ Extremely Difficult

Figuring stuff out at 9/21/22
-100.

Met w/ Leila alone, Ed alone, Nancy
Leila

Name: Leila Flanagan

DOB: 6/4/09

DOB: 6/29/22

Reason: anxiety

- ⑤ Anxiety - small reduction, but not all gone, and ^{part of her} sad that not at dad's - miss him
Haven't been to dad's in > 1 month ^{since} → somatic symptoms (i.e. pain in side), worry (being late, getting assignments done, car hit something)
- Picking - nails, scabs still ^{most anxious at nt} dad wants whole week if go back
- Panic attacks - still happening
- Rebecca 9 weeks - rec fidget all the time - sometimes helps ^{Leila} wants baby steps, there during day, mom @ night
- wrist vibrates if raise hands (more if trichotillomania)
 - finger ~ mindfulness exercise
 - keeping hands/mind busy helps
- Fashion camp, running helps
- Leila wants to try medicine to see if helps, keep seeing Rebecca, + someone else to help relationship w/ dad
- Ed + Tina met w/ friend tomorrow to discuss situation, can't do therapy b/c friend. Discussed many med Qs w/ Ed (spent ~30 min) - main worry → won't fix it, reliance on med, on it long term, affect brain during important developmental time in life.
- Answered Qs. Still has reservations but chose to leave room to let Nancy, Leila, + I decide plan given legal decision making.

- ⑥ Alert, NAD
- Good eye contact
 - Anxious affect
 - Pressured speech
 - Some picking/fidgeting but less than prior

- (A/P) Severe generalized anxiety disorder - GAD7 historically 21
- S/p 5 therapists (most of life), recent x 2 yrs. Last 3 mo, anxiety at all time worst. Panic attacks. Somatic symptoms.
 - Rec SSRI trial - reviewed how works, therapeutic dose range, side effects (including suicidality - already knows first call / has in phone).
 - sertraline 12.5 mg daily ^(1/2 tab, 25mg tablets) Disp 15 tab = 30d, refills ^{mom dispense} will ~~keep~~ in pill box (day of week)
 - Shaws Waterbury
 - Ideally both parents give permission. Tried my best to answer Ed's Qs + give reassurance + sympathy where appropriate. Do recommend given severity anxiety s/p adequate therapy. Goal - short term - 3-6 mo when on therapeutic dose, then trial off.
 - F/u 2 wks likely ↑ 25mg if no s.e., unless already achieved desired effect.
 - Continue to explore family therapy for only Ed + Leila - currently resistant, + option of "baby steps" of daytime visits to maintain relationship that is mutually desired.
 - Called Ed after to update plan + notify f/u apt.

Autu

Time spent: 90 min

PATIENT NAME: Leila Flanagan
 PATIENT DOB: 6/14/09
 DATE OF VISIT: 7/12/22
 REASON FOR VISIT: Flup
 w/mom - met together + alone

- ⑤ Started 12.5 mg sertraline 2 wks ago
 tylenol + ibuprofen helped

Some headache + dizziness last week, better now, No self harm, SI

Orleans, Cape Cod last week - enjoyable

Not sure if Δ anxiety, maybe less sad. Mom thinks more "stable"

Panic attacks ✓ in 2 wks but often situational

Rebecca (therapist) q 1 week, ^{working on} picking - still bad, might get wrist vibrate device

takes 1/2 tab morning w/ claritin in pill box, can take w/ grapefruit? ^{study 80-2 tid ↑ serum (sertraline)} avoid daily grapefruit juice but occasional is ok

Saw Derm last week for cellulitis @ breast → Rx mupirocin bid x 2d

Thinking about annual Adirondack trip w/ dad's family, will likely talk to him individually, not via mom - encouraged. ↳ avoid NSAIDs

Reviewed email from Rheum - clarified he did not mean to "recommend SSRIs", just treating anxiety (mindfulness, etc) may alleviate somatic sx but emphasized "stress does not cause hepatosplenomegaly"

What does Leila want to do? Try 25 mg.

- ⑥ Alert, NAD

Good eye contact

Some picking/fidgeting

Affect bright, somewhat anxious

Speech much less pressured

GAD7 = (12) → moderate anxiety

- Ⓐ Generalized anxiety disorder

- Typical side effects experienced, now resolved

- Possible slight improvement (GAD7 21 → 12) but dose subtherapeutic, so support plan to ↑ to 25 mg daily

- Continue therapy q 1 week

- Support plans to reach out to dad to maintain relationship. Mom planning to "stay out of it" - encouraged/support.

- F/u in 4-6 weeks to assess effect (repeat GAD7)

✓ Rx sertraline 25 mg daily Disp #30 w/ x refill
 Shaws Waterbury

✓ Updated Ed, left VM

Mr. M

Time spent: 30 min

Generalized Anxiety Disorder 7-Item (GAD-7) Scale

Name: Leila Flanagan Date: 7/12/22

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not At All	Several Days	Over Half the Days	Nearly Every Day
1. Feeling nervous, anxious, or on edge	☐ 0	☐ 1	☒ 2	☐ 3
2. Not being able to stop or control worrying	☐ 0	☒ 1	☐ 2	☐ 3
3. Worrying too much about different things	☐ 0	☒ 1	☐ 2	☐ 3
4. Trouble relaxing	☐ 0	☐ 1	☒ 2	☐ 3
5. Being so restless that it's hard to sit still	☐ 0	☒ 1	☐ 2	☐ 3
6. Becoming easily annoyed or irritable	☐ 0	☐ 1	☐ 2	☒ 3
7. Feeling afraid as if something awful might happen	☐ 0	☐ 1	☒ 2	☐ 3
Add Scores for Each Column	☐	+	☐	+
Total Score (Sum of Column Scores)	3 3 1			

If any of the above problems were identified, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

☐ Not Difficult At All
 ☐ Somewhat Difficult
 ☒ Very Difficult
 ☐ Extremely Difficult

Name: Leila Flanagan

DOB: 4/4/09

DOB: ~~8/22/22~~ 8/24/22

Reason: flu anxiety
w/mom - met together + alone

⑤ Mood is "Better" - not worrying 10 things at once, only 1 at a time, more manageable
anxiety frequency ↓, still most days but not as severe

Picking - band-aids help prevent, or hold "squishy" at night

Sertraline 25 mg - thinks helping manage "a lot going on"
therapist Rebecca q 1 week (Monday), going well

separately, dx vulvodynia by GYN
flu to see specialist

Visiting Dad 2p-9p or 9p-9p - started last week, birthday party last Friday - Ed frustrated that didn't stay for visit entire

bad visit other day, refusing to go again (yesterday supposed to go)

Swim Lake Elmore → dinner 8³⁰, Leila wanted drop off at Derek (step dad's) house not Nancy (original plan), argument fight, Ed said would drive Derek's but then changed mind in car + brought to Nancy's

School next week 8th grade, best friend in class ✓

Racing heart last week intermittently, better off claritin? often w/ anxiety, but sometimes just sitting on couch, or when stand up (Apple watch says HR 103 max)

↑ HR few seconds, then low, then ~ for few min, no skipped beats
"super fast like running"

⑥ HR 62 + regular

Alert, NAD

Affect much more calm than in past -

less pressured speech, less fidgeting/picking

Good eye contact

RRR w/o murmur

CTAB

GAD7 = (7) mild anxiety
(21 → 12 → 7)

(AP) Generalized anxiety disorder - some improvement on (subjective + objective)
25 mg sertraline, not in remission but more manageable

- Continue 25 mg sertraline daily

- Continue therapy (Rebecca)

- Racing heart episodes sound c/w sinus tachycardia -
NL cardiac exam, reassuring Max HR 103, no palpitations
- Reassurance.

- F/u in 1 month (repeat GAD7)

Autu

Generalized Anxiety Disorder 7-Item (GAD-7) Scale

Name: Leila Flungen

Date: 8/24/22

Over the last 2 weeks, how often have you been bothered by the following problems?

	Not At All	Several Days	Over Half the Days	Nearly Every Day
1. Feeling nervous, anxious, or on edge	☐ 0	☒ 1	☐ 2	☐ 3
2. Not being able to stop or control worrying	☐ 0	☒ 1	☐ 2	☐ 3
3. Worrying too much about different things	☒ 0	☐ 1	☐ 2	☐ 3
4. Trouble relaxing	☐ 0	☒ 1	☐ 2	☐ 3
5. Being so restless that it's hard to sit still	☐ 0	☒ 1	☐ 2	☐ 3
6. Becoming easily annoyed or irritable	☐ 0	☐ 1	☒ 2	☐ 3
7. Feeling afraid as if something awful might happen	☐ 0	☒ 1	☐ 2	☐ 3
Add Scores for Each Column	☐	☐	☐	☐
Total Score (Sum of Column Scores)	<u>1</u>	<u>5</u>	<u>1</u>	<u>0</u>

If any of the above problems were identified, how difficult have these made it for you to do your work, take care of things at home, or get along with other people? 7

☐ Not Difficult At All
 ☒ Somewhat Difficult
 ☐ Very Difficult
 ☐ Extremely Difficult