**Women’s Health FTN**

**Instructions: Students receive the subjective and objective and must develop and write the assessment and plan. (Written by Dr. Katie Valdovinos for Applied Patient Care 6 laboratory course)**

**Provider(s):**

**Patient:** Quinlan, Susan

**Date of Note:** 1/15/14

**Subjective**

Susan Quinlan is a 19 year old female patient here for irregular menstrual cycles. SQ is new to clinic. She was referred by her primary care physician, Dr Albert Wong, after polycystic ovaries were identified on ultrasound. Since age 12, SQ has had four to 5 periods per year, occurring every 60 to 90 days. When she does have a period, she considers them to be normal, with no pain or excessive bleeding. She also reports hair growth above her upper lip. This bothers her enough to have it routinely waxed. She eats a healthy diet primarily of lean protein, low fat dairy, fruits and vegetables. She consumes minimal processed food. She exercises most days of the week and enjoys running, swimming, and yoga. She has no PMH. She is not currently sexually active and is not interested in becoming pregnant at this time. She does not smoke tobacco, take illicit drugs, or use alcohol. She consumes one to two diet sodas per day.

No known drug allergies

**Objective**

SQ’s medication list is the following:   
Multivitamin, 1 tablet po daily for the past 3 years, no missed doses

Omega 3, 2 capsules po qhs for the past year, no missed doses

Vitals:

BP: 110/70

HR: 70

Temperature: 98.4 F

RR: 18  
Height: 64 inches

Weight: 54.5 kg

Lab Values:

Fasting glucose: 84mg/dL

Total cholesterol: 170

LDL: 70mg/dL

HDL: 55mg/dL

Triglycerides: 140mg/dL

SCr: 1mg/dL

TSH: 2.4mIU/L

Prolactin: 14ng/mL (normal 2-29ng/mL)

17-hydroxyprogesterone: 98ng/dL (normal <200ng/dL)

Testosterone: 80ng/dL (normal 15-70ng/dL)

BMP wnl