

Patient Name: \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

**New Exam L4:**  $\geq 22.5$ min **or** ROS  $\geq 10$  +  $\geq 4$  HPI +  $\geq 9$  PE areas 2-elements each + MDM **R&P**  $\geq L4$  + PSFHx3  
**HPI:** 1. location 2. quality 3. severity 4. duration 5. timing 6. context 7. modifying factors 8. associated signs & symptom

Chief Complaint(s):   $\downarrow$  Libido   $\downarrow$  Erectile strength   $\downarrow$  Nocturnal Erections   $\downarrow$  Spontaneous Erections  
  $\downarrow$  Energy   $\downarrow$  Muscle bulk   $\downarrow$  Work Performance   $\downarrow$  Productivity   $\downarrow$  Body Hair   $\downarrow$  Height  
  $\downarrow$  Bone Density   $\downarrow$  Energy   $\downarrow$  Motivation   $\downarrow$  Initiative   $\downarrow$  Self-confidence   $\downarrow$  concentration  
  $\downarrow$  Memory  low sperm count   $\uparrow$  Body fat  Hair loss  Depression  Sleep disturbance  
 Hot flushes  Breast discomfort or enlargement (not from fat)  History of Low-trauma Fracture  
 Very small (especially  $< 5$  ml) or shrinking testes

Severity: 0 \_\_\_\_\_ 5 \_\_\_\_\_ 10

Duration:

Associated Symptom:  Anxiety  Depression

Context:  w/Sex  @work  Location when ...

**TESTOSTERONE CONTRAINDICATION HISTORY – Do not treat!!:**

Breast or Prostate cancer  Prostate abnormality - nodularity or induration  PSA  $> 4$  ng/ml  
 PSA  $> 3$  ng/ml + A risk-factor-[1) African-American, or 2) First-degree relative with prostate cancer]  
 Currently desires fertility (to make babies)  Acute or subacute illness  Recent trauma or fracture  
 Poorly Controlled Heart Failure  Untreated severe obstructive sleep apnea  Hematocrit  $> 50\%$   
 IPSS Score  $> 19$

**HISTORY REQUIRING FURTHER EXAMINATION: DRE + FOBT(82270) w/Anoscopy(46600)**

African-American  $\geq 45$  years  Any male  $\geq 50$  years  
 Any male with a first-degree relative that had/has prostate cancer

Allergies:

Medications:

Medical Problems:

ROS	See question-naire	WNL or unremarkable	Notes
Constitutional	<input type="checkbox"/>	<input type="checkbox"/>	Past Surgical History:
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	
ENT&Mouth	<input type="checkbox"/>	<input type="checkbox"/>	Serious Injuries:
Cardiovascular	<input type="checkbox"/>	<input type="checkbox"/>	
Respiratory	<input type="checkbox"/>	<input type="checkbox"/>	
Gastrointestinal	<input type="checkbox"/>	<input type="checkbox"/>	
Genitourinary	<input type="checkbox"/>	<input type="checkbox"/>	
Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>	
Skin	<input type="checkbox"/>	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	<input type="checkbox"/>	
Psychiatric	<input type="checkbox"/>	<input type="checkbox"/>	
Endocrine	<input type="checkbox"/>	<input type="checkbox"/>	
Blood/Lymph	<input type="checkbox"/>	<input type="checkbox"/>	
Allergy/Immun.	<input type="checkbox"/>	<input type="checkbox"/>	
Family History	<input type="checkbox"/>	<input type="checkbox"/>	
Social History	<input type="checkbox"/>	<input type="checkbox"/>	

Patient Name: \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BP: \_\_\_\_\_ P: \_\_\_\_\_ Temp: \_\_\_\_\_ RR: \_\_\_\_\_

14-Physical Exam (PE) Areas and  Elements

**1. Constitutional:**

Well developed, well nourished, NAD

Vitals

**2. Eyes:**

Conjunctiva clear, no lid lag & deformity

PERLLA, extra-ocular movements intact

Optic disks normal in size; normal cup to disk ratio; no arteriolar narrowing, AV nicking, exudates, or hemorrhages

**3. Ears, Nose, Mouth and Throat:**

External ears and nose appear WNL; no scars, lesions, masses

Hearing grossly intact

Pharynx pink, tonsils present, tongue & uvula are midline

Lips moist and pink; teeth in good repair; gums pink & firm

Nasal mucosa moist & pink; septum midline; turbinates intact

Ext canals clear, TMs intact & pearly grey

**4. Neck:**

Symmetric and supple; trachea is midline; no masses, lymphadenopathy, crepitus

Thyroid non-enlarged, non-tender, no masses, no nodules

**5. Respiratory:**

Respiration is diaphragmatic & even; accessory muscles not used

Lungs clear to auscultation; vesicular breathers sounds; no adventitious sounds or rubs

Tactile fremitus equal bilaterally

Chest clear on percussion; no dullness, flatness, hyperresonance

**6. Cardiovascular:**

RRR; no extra sounds, murmurs, rubs or gallop

No carotid bruits

Extremities – warm to touch, normal hair distribution, non-edematous

Abdominal aorta – no bruits; normal in diameter

Pedal pulses – intact and equal bilaterally

Wrist arteries – pulses intact; no bruits

Palpation of heart WNL; PMI normal in diameter & palpable in 5<sup>th</sup> ICS in MCL

**7. Gastrointestinal:**

No tenderness or masses on palpation

No splenomegaly or hepatomegaly

Negative stool occult blood test  Positive FOBT

Sphincter tone WNL, no hemorrhoids or masses

No hernias present

**8. Musculoskeletal:**

Digits and nails show no clubbing, cyanosis, petechiae, ischemia, infections, or nodes on the hand; or other areas

Gait is symmetrical & balanced

examined: \_\_\_\_\_

No misalignment, asymmetry, crepitation, defects, tenderness, masses, effusions

ROM WNL, no pain, crepitation or contracture

Stability intact, no dislocation, subluxation, or laxity

Muscle strength 5/5; normal tone, no flaccidity, cog-wheel or spasticity; no atrophy or abnormal movements

**9. Psychiatric:**

Alert and oriented to time, place, and person

Mood and affect appropriate

Judgment & insight WNL

Recent and remote memory intact

**10. Skin:**

No rashes, lesions, or ulcers on inspection

Warm, normal turgor; no induration, nodules, tightening on palpation

**11. Lymphatic (2 areas):**

No cervical lymphadenopathy

No axillary lymphadenopathy

No inguinal lymphadenopathy

**12. Neurologic:**

All cranial nerves intact

DTR 2+/4+ and equal bilaterally

No sensory deficits by touch, pin, vibration, proprioception

**13. Chest (Breasts):**

Breasts appear symmetrical; no nipple discharge

No masses, lumps or tenderness on palpation in chest & axillae

**14.a Male genitourinary:**

No penile lesions or discharge

DRE of prostate – palpable, non-enlarged, non-tender, no nodules

No hydrocele, spermatocele, tenderness of cord, or testicular masses

**14.b Female genitourinary:**

Bladder without masses or tenderness

External genitalia without lesions, masses, tenderness or swelling

Urethra without scarring, masses or tenderness

Cervix smooth, uniform in color, without lesions

Uterus firm, non-tender, no masses

Parametrial Adnexa non-tender, no masses or nodularity

**ADDITIONAL: DRE + FOBT(82270) w/Anoscopy(46600) – For 3 reasons:**

1)  African-American  $\geq$  45 years 2)  Any male  $\geq$  50 years 3)  1st<sup>o</sup> relative had/has prostate cancer

Digital Rectal Exam (DRE):  Normal  Palpable prostate nodule or induration

Anoscopy for collection of diagnostic Specimen:  FOBT (-)  FOBT (+)

Diagnosis:  ♂Hypogonadism 257.2  799.81 Decreased libido  607.84 Erectile Dysfunction

Fatigue/malaise 780.79  Sleep disturbance 780.50  Muscle weak 728.87  ↑ Body fat 278.02

FOBT+ 578.1  Hemorrhoids( Int 455.0 |  Ext 455.3 |  Tags 455.9)  Anal Fissure 565.0

Plan:  FOBT Positive – Refer to a proctologist or gastroenterologist – Continue with testosterone workup

PSA > 4 ng/ml or PSA > 3 ng/ml in men at high risk of prostate cancer – Refer to a Urologist

Palpable prostate nodule or induration – Refer to a Urologist

AUA/IPSS score > 19 – Refer to a Urologist

Hematocrit > 50% – Refer for Hematologic Evaluation

Current illness, trauma, or fracture – After recovery, re-examine + order a.m. testosterone blood draw

1) Use a New Patient Exam Form on next visit – RTO after recovery from current illness, trauma, or Fx

2) Order a “morning (a.m.) serum total testosterone” test – because there’s no contraindications (above)

Other:

Pain Associates of Gilbert: 610 N Gilbert Rd #309, Gilbert AZ 85234, 480.926.1111

Rick Shackel DO, MD(H) or PAC \_\_\_\_\_