



### Intake

Next Visit (Chart-wide) No Saved Notes

Edit

Next Visit Reason (Chart-wide) No Saved Notes

Edit

### Screening

Order  ▼

### Informant/Relationship

▼

### Vitals

Temperature  °F +

▼

Weight  lbs  oz +

Height  in +

BMI

Blood Pressure  s /  d +

▼

▼

Pulse  bpm +

O<sub>2</sub> Saturation  % +

Respiratory Rate  bpm +

More

### Vital Notes

▼

### Growth Charts

Growth Charts are not available when patient's sex is unknown.

### Chief Complaint

▼

### Allergies (Chart-wide)

Display:  ▼

Edit

Status	Allergy	Reaction	Onset	Resolved



**PCC eRx Allergies (Chart-wide)** Last Modified N/A

Display: All Statuses ▼

Status	Allergen	Reaction	Severity	Sensitivity Type	Onset	Resolved

Mark as Reviewed

fineprintLbl

**Medication History (Chart-wide)** Last Modified N/A

Display: All Statuses ▼

Status	Medication	Instructions	Start	Stop

Mark as Reviewed

fineprintLbl

**Current Medications**

**Past, Social, Family History**

**Problem List (Chart-wide)**

Display: All Statuses ▼

Edit

Status	Problem	Problem Note	Onset	Resolved

**Past Medical History (Chart-wide)** No Saved Notes

Edit

**Family Medical History (Chart-wide)**

Edit

Condition	Relationship	Note

**Social History (Chart-wide)** No Saved Notes

Edit

**► Confidential Notes (Chart-wide)** No Saved Notes

Edit

**HPI**

**Nutrition**

Select All

Balanced diet (wide variety, fruits/veggies, limit junk food)

notes ▼

Fruits

notes ▼

Vegetables

notes ▼



Protein Sources

notes

Grains: whole grains like oats, barley, quinoa. buckwheat

notes

Iron rich foods (meats, cereals, beans)

notes

Calcium/Vitamin D

notes

Drinks water, little to no juice

notes

Multivitamin and or Vit D supplement discussed

notes

add item

notes

**Physical activity**

Physical activity that you enjoy:

notes

Physical activities which your family does together:

notes

Activities that are regular (daily):

notes

Activities that are frequent (a few days a week):

notes

Activities that are occasional (weekends or 1-2 times a month):

notes

Any uncomfortable or concerning symptoms when doing physical activities?

notes

Types of movement:

notes

Type of exercises:

notes



Ways stretching included in day:

notes

What prevents physical activity from being more regular?

notes

### Sleep Patterns

Bedtime:

notes

Routines before bedtime:

notes

TV or device in bedroom?

notes

Screen shut off time:

notes

Sleep aids (melatonin, epsom salt baths, chamomile tea, weighted blanket):

notes

How long does it take to fall asleep?

notes

How many wakings per night?

notes

Nightmares?

notes

Snoring?

notes

What happens when waking in the middle of the night?

notes

Wake up time:

notes

Energy levels when waking up?

notes

### D2C ROS Neurological



Make All:

Yes No N/A

Headaches; nature; frequency; duration if answered yes

Sound sensitivity

Light sensitivity

Changes in academic performance

Changes in memory, cognition

Changes in personality, mood or behavior

Neck pain or stiffness

Migraines; h/o; aura?

Yes No N/A

Vertigo; tinnitus

Dizziness; lightheadedness

Syncope; fainting

Tremors; jerking movements

Altered mental status/acute changes in behavior

Concussion: acute; multiple; post-concussion syndrome

CNS infections; meningitis; other brain infections



notes

add item

notes

### Review of Systems by system

Make All: **Abn** **NL** **N/A**

Abn NL N/A

Constitutional  
notes

Head  
notes

Eyes  
notes

Ears, Nose, Mouth, Throat  
notes

Neck  
notes

Cardiovascular  
notes

Respiratory  
notes

Gastrointestinal  
notes

Abn NL N/A

Genitourinary  
notes

Neurologic  
notes

Musculoskeletal  
notes

Skin  
notes



**Psychiatric**

notes ▼

**add item**

notes ▼

**Physical Exam**

Make All: **ABN** **NL** **N/E**

ABN NL N/E

**Neurologic**

notes ▼

**General Appearance**

notes ▼

**Head**

notes ▼

**Eyes**

notes ▼

**Ears**

notes ▼

**Nose**

notes ▼

**Oropharynx**

notes ▼

**Neck**

notes ▼

ABN NL N/E

**Lungs**

notes ▼

**Chest**

notes ▼

**Cardiovascular**

notes ▼

**Abdomen**



notes

Genitourinary

notes

Musculoskeletal

notes

Skin

notes

Extremities

notes

ABN NL N/E

Psychiatric

notes

add item

notes

### Immunizations

#### Vaccines

Print

There are no immunizations recorded for this patient

Ordered

#### Diseases

There are no vaccine-preventable diseases for this patient

Forecasting Results Updated: NA

Show Informational Warnings(0)

Refresh

Forecast results are not intended to replace clinical decision making

#### ▼ Vaccines For Children

Insurance and Race as of 03/03/25

Eligibility Status: select an eligibility status

#### Immunization Orders

Select Vaccine Lots

Order

Refuse

select an immunization

#### Immunization Consent

Select All

I personally provided parent education about immunizations and the appropriate CDC VIS was provided for each





vaccine. Parent was counseled about the risks and benefits of each antigen administered. Verbal consent was obtained for each of the vaccines given.

notes

add item

notes

**Lab**

Print Labels

Generate Requisition

**Order** Vision (in office)

**Order** Vitamin D, 25-Hydroxy, Total, Immunoassay SEND OUT

**Order** Hemoglobin (in office)

**Order** Fatigue/Anemia Panel

**Order** select a lab

**Medical Procedure**

**Order** Medication - Ibuprofen

**Order** Medication - Acetaminophen

**Order** Orthostatic Blood Pressures

**Order** select a medical procedure

**Medical Test**

**Order** select a medical test

**Injection**

**Order** select an injection

**Radiology**

Generate Requisition

**Order** select a radiology

**Diagnoses**

Headache

Refine the diagnosis of Headache

Include on Patient Reports

notes

Add to Problem List    Onset: mm/dd/yy    Problem Note: problem note

Intermittent headache

Refine the diagnosis of Intermittent headache



Include on Patient Reports

notes

Add to Problem List    Onset:     Problem Note:

Orthostatic headache

Include on Patient Reports

notes

Add to Problem List    Onset:     Problem Note:

Postural headache

Include on Patient Reports

notes

Add to Problem List    Onset:     Problem Note:

Sinus headache

Refine the diagnosis of Sinus headache

Include on Patient Reports

notes

Add to Problem List    Onset:     Problem Note:

select diagnosis

notes

### D2C Plan Headache List

Select All

Discussed common causes of headaches

notes

Discussed importance of rest and sleep

notes

Discussed importance of hydration and nutrition

notes

Discussed importance of rest for eyes, avoid excessive screen time

notes

Discussed signs and symptoms of dehydration

notes

Discussed sinus headaches and advised regular saline rinsing of nasal passages for relief and prevention



- notes
- Discussed tension headaches and ways to alleviate symptoms
- notes
- Gentle stretches of neck and shoulder muscles demonstrated
- notes
- May use ibuprofen with food as directed for relief of pain every 6 hrs as needed for a few days
- notes
- Use of an ergonomic head and neck pillow may be helpful
- notes
- Methods of stress relief and deep breathing techniques discussed
- notes
- TMJ and associated ear pain and headaches discussed
- notes
- Discussed aura presentation and methods to help prevent onset of migraines
- notes
- Discussed Migraines and ways to detect and alleviate
- notes
- Discussed use of sumatriptan as treatment for acute migraine/ headaches
- notes
- Discussed vision disturbance affects on brain and cause of headaches
- notes
- Signs and symptoms of neurological changes discussed
- notes
- Vomiting, vision disturbances and early morning or middle of the night headaches are signs to address immediately
- notes
- Discussed referral to Neurologist for further evaluation of headaches/migraines
- notes
- Discussed keeping a headache diary for the next 2-4 weeks with a symptoms, severity, duration, triggers and remedies that help
- notes



add item

notes

**Plan Notes**

**Forms**

select a form

**Followup**

**Order** Follow up if symptoms are not improving

**Order** Follow up in 2 weeks

**Order** Follow up in 1 month

**Order** select a followup

**Referral**

**Order** Neurology

**Order** select a referral

**Care Plan (Chart-wide)**

Print    Display: All Statuses    Edit

No Interventions

**Care Coordination and Care Plan Management**

**Visit Documents**



## Navigational Anchors in D2C Headache

1. Intake
2. Screening
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