



### 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
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Mark as Reviewed

fineprintLbl

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

Display: All Statuses

Status	Medication	Instructions	Start	Stop
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Mark as Reviewed

fineprintLbl

**Current Medications**

**Past, Social, Family History**

**Problem List (Chart-wide)**

Display: All Statuses

Status	Problem	Problem Note	Onset	Resolved
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**Past Medical History (Chart-wide)** No Saved Notes

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

Condition	Relationship	Note
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**Social History (Chart-wide)** No Saved Notes

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

**HPI**

**Menstrual period details**

Age at Menarche:

notes

Date of LMP (Last menstrual period):

notes

Duration of period in days:

notes

Irregular periods?



notes

Cramping?

notes

Treatment used for cramps:

notes

Number of heavy days:

notes

Number of pads used on heavy days:

notes

Number of tampons used on heavy days:

notes

Spotting in between periods?

notes

Vaginal Discharge?

notes

Maternal Menstrual cycle age and patterns:

notes

Sexually active?

notes

Skipped periods?

notes

Using protection for sex?

notes

Oral contraceptives tried:

notes

**D2C ROS Genitourinary**

Make All:

Yes No N/A

Menarche age:

notes



- Last Menstrual Period**
- Menstrual cramps**
- Irregular menstrual bleeding**
- Heavy menstrual bleeding**
- Spotting in between menstrual cycles**
- Delayed menstrual cycle**
- Vaginal discharge**

Yes No N/A

- Pelvic pain with periods**
- Sexually active**
- Pelvis pain with intercourse**
- Difficulty emptying bladder**
- History of UTI**
- Change in color/ smell of urine**
- Decreased urine output**
- Frequent Urination**

Yes No N/A



- Pain with urination  
notes
- History of pregnancy/miscarriage  
notes
- History of sexually transmitted illness  
notes
- add item  
notes

**Review of Systems by system**

Make All:

Abn NL N/A

- Allergic/Immunologic  
notes
- Constitutional  
notes
- Eyes  
notes
- Ears, Nose, Mouth, Throat  
notes
- Cardiovascular  
notes
- Respiratory  
notes
- Endocrine  
notes
- Gastrointestinal  
notes

Abn NL N/A

- Genitourinary  
notes
- Lymphatic



notes

Integumentary

notes

Musculoskeletal

notes

Neurologic

notes

Psychiatric

notes

add item

notes

### Physical Exam

Make All:  ABN  NL  N/E

ABN NL N/E

General Appearance

notes

Head

notes

Eyes

notes

Ears

notes

Nose

notes

Oropharynx

notes

Neck

notes

Lungs

notes



ABN NL N/E

- Chest  
notes
- Cardiovascular  
notes
- Abdomen  
notes
- Genitourinary  
notes
- Musculoskeletal  
notes
- Neurologic  
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
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**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:

### Immunization Orders

Select Vaccine Lots

Order

Refuse

### 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.

- 

### Lab

Print Labels

Generate Requisition

Order

Hemoglobin (in office)

Order

Oligomenorrhea

Order

### Medical Procedure

Order

### Medical Test

Order

### Injection

Order

### Radiology

Generate Requisition

Order

### Diagnoses

- Oligomenorrhea

Include on Patient Reports

Add to Problem List

Onset:

Problem Note:




 Dysmenorrhea

 Include on Patient Reports

 Add to Problem List

 Onset: 

 Problem Note: 
 Menorrhagia

 Include on Patient Reports

 Add to Problem List

 Onset: 

 Problem Note: 
 Irregular periods

 Include on Patient Reports

 Add to Problem List

 Onset: 

 Problem Note: 
 select diagnosis

## D2C Plan Menstrual Issues

 Showed a diagram of the menstrual cycle and explained hormone changes during the cycle in detail

 Educated on the physiological changes which cause uterine lining to shed

 Discussed resources like "The care and keeping of me" and other detailed resources for helping parents and children to understand pubertal changes

 Explained how the initial years of menstruation often have anovulatory cycles

 Discussed in detail all aspects of ovulatory and anovulatory cycles

 Discussed importance of hygiene during menstrual cycles and need for changing pads/tampons frequently



- Reviewed how to use pads/tampons in detail

notes



- Stressed the importance of tracking menstrual cycles with a calendar or an app on phone

notes



- Reviewed calendar log for the past several menstrual cycles

notes



- Stressed the importance of performing self-breast exams one week after menstrual cycle finishes

notes



- Discussed the benefits of NSAIDS like Naproxen in helping with uterine cramping and pain

notes



- Follow up in 2 months for re-evaluation of menstrual cramps/irregular menstrual periods

notes



- Discussed options of oral contraceptives to help regulate menstrual cycles and help decrease heavy menstrual bleeding and cramping

notes



- Follow up every 2-3 months for management of oral contraceptives

notes



- Discussed pregnancy and STI prevention in depth

notes



- Consider blood work to check for any anemia, or hormonal abnormalities

notes



- Consider pelvic ultrasound to better assess the ovaries and uterus and check for any abnormalities

notes



- Referral to Gynecology for further evaluation and treatment

notes



- add item

notes



### Plan Notes

### Forms



select a form

**Followup**

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

**Order** Follow up in 1 month

**Order** Follow up in 2 months

**Order** select a followup

**Referral**

**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 Menstrual Issues**
1. Intake
  2. Screening
  3. Growth Charts
  4. Past, Social, Family History
  5. Medical History
  6. HPI
  7. D2C ROS Genitourinary
  8. Review of Systems
  9. Physical Exam
  10. Immunizations
  11. Lab
  12. Medical Procedures
  13. Injection Orders
  14. Radiology
  15. Diagnoses
  16. Prescriptions
  17. D2C Plan Menstrual Issues
  18. Forms
  19. Followup Orders
  20. Referral
  21. Visit Documents