

HISTORICAL AND PHYSICAL

chief complaint: constant neck pain with upper back discomfort (neck and upper thoracic area)

hypertension: blood pressure 150/95 mmhg baseline (elevated)

polycystic edema: present due to underlying condition (diabetes or heart disease)

medications:

- diuretics for back pain
- antihypertensive and anti-inflammatory medications (as prescribed by doctor)
- antihistamines for allergies noted during physical exam

allergies: pollen and dust mites from seasonal changes, plant diseases affecting patient

physical examination:

right side of body better than left.

neck pain around upper back.

swelling in legs and feet due to kidney function.

extremities warm but not red.

assessment:

moderate level of pain and weakness in neck and back.

underlying condition (diabetes or heart disease) with polycystic edema.

plan for management:

- lifestyle changes including balanced diet, regular exercise, and avoiding allergens.
- medications to reduce blood pressure (e.g., ACE inhibitor).
- monitor kidney function and adjust dialysis if needed.