



PROGRESS RECORD

Pt.Name	HARSHITHA K M	Hosp.No	8835884
Age/Gender	25Y/F	OPD Date	2025-09-09 18:18:42
Dept Name	OBSTETRICS & GYNAECOLOGY -4	Doc.Name	APARNA NAIR

2025-09-09

HISTORY :

- History of Amenorrhea: 4 months
- LMP: 30-Mar-2025
- EDD: 04-Jan-2026
- Gravida Status: Primigravida with 14+1 weeks POG
- Chief Complaint: Nausea
- Obstetric History: Married life - 14 months, Non-consanguineous marriage
- Conception: Spontaneous
- Menstrual History:
 - LMP: 30-Mar-2025
 - Cycles: Regular, 4 days/30 days
 - Dysmenorrhea: Present
 - Clots: Absent
 - Flow: 2-3 pads/day
- Past History: No known comorbidities, No prior surgeries
- Family History: Nil

VITAL SIGNS :

BP : 120/89 mmHg
 Height : 158 Cm
 Height : 5.18 F
 Weight : 52 Kg
 TempF : 99 F
 TempC : 37 C
 Pulse : 78 per min
 BMI : 20.03 Kg/m²
 RR : 15 per min

PHYSICAL EXAMINATION :

No major complaints noted during the physical examination.

LAB:

Service Class	Service Name	Result	Patient Value	Unit	Reference
BLOOD BANK	BLOOD GROUPING AND RH TYPING*50	NORMAL			
BIOCHEMISTRY	GLUCOSE - POSTPRANDIAL	NORMAL	79	mg/dL	<140
BIOCHEMISTRY	GLUCOSE - FASTING	LOW	50	mg/dL	74-99

FINAL DIAGNOSIS:

Code	Type	Code Description	Notes	Doctor Name
ICD	Z34.81	Encounter for supervision of other normal pregnancy, first trimester	Null	DR.APARNA NAIR

ASSESSMENT / PLAN :

- Patient requires biweekly health check-ups for monitoring pregnancy progress.
- Continue current treatment regimen; adjust based on future clinical findings.
- Monitor for treatment response, medication adherence, and any emerging complications.

Plan:

- Schedule follow-up every 15 days
- Continue routine antenatal care

Next Follow-up Date: 10-Oct-2025

MEDICATIONS TYPE :

	Medicine Name	Dosage	Route	Duration	Quantity
FORMULARY MEDICINE	LIVOGEN TABLETS	1-0-0	ORAL	30 days	30
FORMULARY MEDICINE	SHELCAL XT TABLET	0-1-0	IM	1 day	1

DATE

2025-09-09 16:05 PM

TREATING DOCTOR

DR.APARNA NAIR

OBSTETRICS & GYNAECOLOGY (4)

Signature

