

Auburn Montgomery Warhawk Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 08/16/22

PATIENT: YOUNG, BELINDA **DOB:** 09/28/1959 **Gender:** FEMALE **MRN:** 1020 **AGE:** 62 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Left ear feeling like there is fluid in her ear

HISTORY OF PRESENT ILLNESS: Patient presents to clinic with complaint of left ear feeling like "fluid is in there". Patient denies ear pain. Patient also reports allergy symptoms of sneezing, itchy watery eyes and PND.

VITALS: BP: 144/99 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 97; **Temp:** 97.8; **Resp:** 16; **Ht:** 61.5 in.; **Wt:** 181.1 lbs.; **BMI:** 33.66; **Pulse Oximetry:** 99%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Vitamin D2 1,250 mcg (50,000 unit) capsule (1 capsule po weekly)
cetirizine 10 mg tablet (1 tablet by mouth daily)
clotrimazole 1 % topical cream (APPLY TO THE AFFECTED AND SURROUNDING AREAS OF SKIN BY TOPICAL ROUTE 2 TIMES PER DAY.)
omeprazole 20 mg capsule, delayed release (1 tablet by mouth daily)
triamcinolone acetonide 0.1 % topical cream (Apply to affected areas twice daily)
vitamin E 100 unit capsule (1 tablet by mouth daily)

PAST MEDICAL HISTORY: Hay Fever/Allergies; Headache; mumps, pregnancy, chicken pox

PAST SURGICAL HISTORY: Wisdom teeth

FAMILY HISTORY: Mother with history of: diabetes and HTN; Father with history of: HTN, stroke--deceased at age 60; Brother with history of: diabetes, HTN; Maternal Grandfather with history of: diabetes--deceased; Maternal Grandmother with history of: diabetes, HTN, Liver Ca--deceased; Paternal Grandmother with history of: diabetes, HTN

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

GENERAL: GENERAL: No apparent distress noted; Well developed; Pleasant.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear, minimal fluid in left ear noted. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted. No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

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NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

Dexamethasone 4mg/ml (2 unit(s)): Injection

RESULTS:

Dexamethasone 4mg/ml:

Site Given: Right Ventral Gluteal

Dosage Given: 8 milligram(s)

Administered By: Bicknell, Miranda - RN

ASSESSMENT:

T78.40XA - ALLERGY, UNSPECIFIED, INITIAL ENCOUNTER (PRIMARY)

H65.92 - UNSPECIFIED NONSUPPURATIVE OTITIS MEDIA LEFT EAR

PLAN:

Continue Zyrtec as directed. Steroid administered today. Patient reports having steroid injections in the past with no side effects. If symptoms worsen or do not improve RTC. Patient agrees.

fluticasone propionate 50 mcg/actuation nasal spray, suspension

Refills: 0 Qty: 1 BOTTLE(S)

Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED

Electronically signed by Robin Blackwell, CRNP on 08/16/22 1:59 PM

Robin Blackwell CNP