

Auburn Montgomery Warhawk Health Services

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

Date: 09/11/24

PATIENT: YOUNG, BELINDA **DOB:** 09/28/1959 **Gender:** FEMALE **MRN:** 1020 **AGE:** 64 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: rash

HISTORY OF PRESENT ILLNESS: Patient is here for a rash to her left upper chest, left upper arm, and left inner eye area for 2 weeks. She complains of burning and itching to the areas. She has tried hydrocortisone OTC, but states that has not helped.

VITALS: BP: 154/94 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 89; **Temp:** 96.3; **Resp:** 16; **Ht:** 61.5 in.; **Wt:** 177.6 lbs.; **BMI:** 33.01; **Pulse Oximetry:** 97%

ALLERGIES: Bromfed DM ((Palpitations) or (awareness of heartbeat) or (fluttering of heart))

MEDICATIONS:

Vitamin D2 1,250 mcg (50,000 unit) capsule (1 capsule po weekly)
cetirizine 10 mg tablet (1 tablet by mouth 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

SOCIAL HISTORY: Does not use alcohol; Does not use recreational drugs; Does not use tobacco;

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 negative for fever, chills, nausea, vomiting, dizziness, fatigue, infertility, & malaise.

HEENT: All negative for cough, runny nose, congestion, sinus pain, earache, sore throat, bleeding gums, dysphagia, hearing loss, hoarseness, nose bleeds, tinnitus, & rhinorrhea.

EYES: All negative for blurred vision, cataracts, diplopia, dry eyes, drainage, glaucoma, headache, itching, pain, photophobia, and visual loss.

SKIN: POSITIVE FOR RASH.

CARDIOLOGIC: All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope.

RESPIRATORY: All negative for cough, hemoptosis, orthopnea, shortness of breath, sputum, and wheeze.

GASTROINTESTINAL: All negative for abdominal pain, appetite loss, anorexia, belching, constipation, diarrhea, flatulence, heartburn, hematchezia, hematemesis, indigestion, mass, swelling and ulcers.

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins.

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NEUROLOGIC: All negative for headache, difficulty with vision, numbness in hands and feet, hot flashes, and night sweats.

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.

MUSCULOSKELETAL: Normal range of movement x 4 extremities.

INTEGUMENTARY: Warm, dry, intact. Slightly raised red macular rash with no warmth or drainage noted to left medial skin of the eye that is approximately 0.5 cm and irregular shape. Slightly raised red macular rash with no warmth or drainage noted to left anterior chest area that is approximately 4 cm and irregular in shape. Slightly raised red macular rash with no warmth or drainage noted to left anterior upper arm that is approximately 3 cm and irregular shape.

NEUROLOGIC: Alert and Oriented X3. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

Dexamethasone 4mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 4 milligram(s)
Administered By: Bicknell, Miranda - RN

Depo-Medrol 40mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 40 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

L24.5 - IRRITANT CON DERMATITIS DUE TO OTHER CHM PROD (PRIMARY)

PLAN:

Patient has contact dermatitis and states this has been occasionally recurrent. She states that it has improved in the past with the following medications:

triamcinolone acetonide 0.1 % topical cream
Refills: 1 Qty: 30 GRAM(S)
Instructions: APPLY TO AFFECTED AREAS TWICE DAILY

clotrimazole 1 % topical cream
Refills: 1 Qty: 30 GRAM(S)
Instructions: APPLY TO THE AFFECTED AND SURROUNDING AREAS OF SKIN BY TOPICAL ROUTE 2 TIMES PER DAY.

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Instructed that she may benefit from allergy testing. Instructed to document anything that she may have been in contact in the three days previous to this rash so that she can pinpoint what may be causing this.

Electronically signed by Hayley Guthrie, CRNP on 09/11/24 10:34 AM