

Auburn Montgomery Student Health Services

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

Date: 07/15/19

PATIENT: HIGDON, LEON **DOB:** 03/20/1966 **Gender:** MALE **MRN:** 1048 **AGE:** 53 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Poison Ivy or Oak

Symptoms: Was clearing property with a weed-eater and came in contact with poison oak or ivy. Has had it for about a week on legs and now is seeing spots on arms.

Location: Arms and legs

Duration: For a week

ModFact: Is weeping in spots. Taking Benadryl to help with sleep due to the itching.

Other: Blood pressure is sometimes elevated and then comes back down.

COMPLAINT 2: Elevated BP

Symptoms: Patient reports elevated BP at visit now but reports that it usually goes back down without intervention. He reports a poor diet and using salt on his food. Denies HA, blurred vision or double vision but reports some ringing in his right ear.

Other: Exercising 3-4 times per week playing golf and walking the course.

VITALS: BP: 143/100 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 70 **BP2:** 149/107 **Site2:** LEFT ARM **Position2:** SITTING **Pulse2:** 81 **BP3:** 135/96 **Site3:** LEFT ARM **Position3:** SITTING **Pulse3:** 64; **Ht:** 71 in.; **Wt:** 210.6 lbs.; **BMI:** 29.37

ALLERGIES: Penicillins

MEDICATIONS:

diphenhydramine 25 mg capsule (2 capsules po every night prn)

PAST MEDICAL HISTORY: Childhood asthma, allergies

PAST SURGICAL HISTORY: Tonsillectomy

SOCIAL HISTORY: Exercises regularly; Does not live alone; Married; Consumes alcohol. Frequency: weekly Type: beer

FAMILY HISTORY: Father with history of: HTN---Does not take medication

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient denies: Fever, Chills,

DERMATOLOGIC: Exposure to poison oak and ivy; rash on legs, arms, abdomen x 5-7 days.

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

HEENT: Normocephalic; Conjunctiva Clear; Sclera White;

EARS: Pinna Normal;

NOSE: Septum without Deviation;

DERMATOLOGIC: Skin Temperature: Warm Dry; erythematous, papular and vesicular, pruritic rash noted on bilateral lower legs, antecubital areas of arms and abdomen; No signs of infection;

Auburn Montgomery Student Health Services

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

Date: 07/15/19

PATIENT: HIGDON, LEON **DOB:** 03/20/1966 **Gender:** MALE **MRN:** 1048 **AGE:** 53 Years

NEUROLOGIC: No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

ASSESSMENT:

L23.7 - ALLERGC CON DERMATITIS DUE TO PLANTS EXCEPT FOOD (PRIMARY)--poison oak and ivy
R03.0 - Elevated blood-pressure reading, without diagnosis of hypertension

PLAN:

prednisone 20 mg tablet
Refills: 0 Qty: 5 TABLET(S)
Instructions: TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY

triamcinolone acetonide 0.1 % topical cream
Refills: 0 Qty: 454 GRAM(S)
Instructions: Apply topically to affected areas twice daily

cetirizine 10 mg tablet
Refills: 1 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY

Avoid scratching areas.

SoluMedrol 40 mg IM x 1 dose now.

Cool compresses to areas as needed.

Monitor BP and record x 1 week. Report readings to SHS.

Avoid adding extra salt to food.

Modify diet to include healthier food choices.

RTC for worsening or unresolving symptoms.

Electronically signed by Melodye Harvey, CRNP on 07/15/19 1:52 PM