

Auburn Montgomery Student Health Services

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

Date: 12/10/19

PATIENT: SHEPHERD, BRITTANY **DOB:** 12/22/1987 **Gender:** **MRN:** 1117 **AGE:** 31 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Dizzy and off-balance today,

Symptoms: Since waking up has been dizzy, off-balance and nauseated. Has history of HTN and thyroid issues. No changes to medications. Denies any congestion. Does feel dizziness when she turns her head.

ModFact: Also takes BCPs.

VITALS: BP: 120/85 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 69; **Ht:** 65.7 in.; **Wt:** 192 lbs.; **BMI:** 31.27; **FDLMP:** 11/20/19

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

levothyroxine 175 mcg tablet
lisinopril 40 mg tablet

PAST MEDICAL HISTORY: HTN and hypothyroidism

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Female, heterosexual who does not exercise on a regular basis. Does not use tobacco products. Has had no recent declines in ADLs, mobility or function. Lives with others..

FAMILY HISTORY: Mother and father both have history of HTN

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Dizziness, Nausea, movement seems to make symptoms worse. noticed this morning when getting out of bed. Has subsided at present time.

HEENT: Patient is positive for:

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.

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

PHYSICAL EXAMINATION:

GENERAL: Patient appears consistent with age, well developed/nourished, NAD, and alert and oriented x 3.

HEENT: EOMI, PERRLA, lids and conjunctivae appear normal, sclera white. Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

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EARS: Ears appear normal. TM's intact and reflect NL. External auditory canal clear.

NOSE: Nose appears normal. Septum without deviation, nasal mucosa moist and pink, no turbinate hypertrophy, sinus nontender

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

GASTROINTESTINAL: Abdomen soft, nondistended, nontender; no rebound rigidity or guarding; bowel sounds symmetric x4.

MUSCULOSKELETAL: Pulses equal and bilaterally symmetric; No clubbing, cyanosis, or edema; No CVA tenderness.

NEUROLOGIC: DTR's and +2/4 and bilaterally symmetric for upper and lower extremities. Cranial nerves grossly intact. No focal deficit.

PSYCHIATRIC: Alert and oriented x3; Mood and affect appropriate.

ASSESSMENT:

H81.10 - BENIGN PAROXYSMAL VERTIGO, UNSPECIFIED EAR (PRIMARY)

PLAN:

meclizine 25 mg tablet

Refills: 0 Qty: 60 TABLET(S)

Instructions: TAKE 1 TABLET (25 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED

Discussed disorder and written information provided.

Instructions on performing the Epley procedure give orally and in writing.

RTC if not improving

Electronically signed by Carol Stewart, NP on 12/10/19 10:25 AM