

Auburn Montgomery Student Health Services

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

Date: 04/21/21

PATIENT: AUSTIN, SHEILA **DOB:** 03/18/1952 **Gender:** FEMALE **MRN:** 1305 **AGE:** 69 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Steriod cream

HISTORY OF PRESENT ILLNESS: Ms. Austin presents today for spots on her legs that are itchy x 3'mo's. She reports she was told by Dr. Yarbrough (Gum specialist) that this is a hormonal related issue. He is treating her for periodontitis. She walks alot and is on her feet alot. She has a dermatologist (Dr. Love) but has not seen her since last March 2020 due to COVID.

VITALS: BP: 120/63 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 78; **Temp:** 97.4; **Resp:** 14; **Ht:** 66 in.; **Wt:** 141.6 lbs.;
BMI: 22.85; **Pulse Oximetry:** 98%

ALLERGIES: Penicillins

MEDICATIONS:

lisinopril 20 mg-hydrochlorothiazide 25 mg tablet

PAST MEDICAL HISTORY: Seasonal allergies, HTN

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: AUM employee. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY: Mother- HTN; Father- HLD.

HEALTH MX HISTORY:

PCP: Myrtle Gore, MD

Dermatologist- Dr. Love

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.

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. Mild lower extremity erythema to bilateral shins without blanching. + small varicosities bilateral lower extremities.

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted. Small round, black lesion to left side lower back with well-defined borders.

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

PSYCHIATRIC: Appropriate mood and affect.

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ASSESSMENT:

I83.93 - ASYMPTOMATIC VARICOSE VEINS OF BI LOWER EXTREM (PRIMARY)

L98.9 - Disorder of the skin and subcutaneous tissue, unspecified

I10 - Essential (primary) hypertension

PLAN:

Trial of steroid cream to lower extremities rash. Recommend she follow up with Dr. Love for skin check and eval of left lower back skin lesion. She will call and schedule an appt. Appears to be a black head. Recommended TED hose for varicosities. They are not painful and not bothering her at this time. Follow up as needed.

triamcinolone acetonide 0.1 % topical cream

Refills: 1 Qty: 15 GRAM(S)

Instructions: APPLY A THIN LAYER TO THE AFFECTED AREA(S) BY TOPICAL ROUTE 2 TIMES PER DAY

Electronically signed by Lindsey Barton, CRNP on 04/21/21 1:55 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.