

Auburn Montgomery Warhawk Health Services

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

Date: 02/23/24

PATIENT: KENNINGTON, CARRIE **DOB:** 10/17/1984 **Gender:** FEMALE **MRN:** 1536 **AGE:** 39 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: ear pain

HISTORY OF PRESENT ILLNESS: Mrs. Kennington is a 39 yo female here today for bilateral ear fullness and dizziness when she turns her head to the right side. She has a history of serous otitis media in the past with similar symptoms. She states she had sinus issues last week, but took otc meds and now those symptoms are gone.

VITALS: **Pulse:** 83; **Temp:** 97.5; **Resp:** 16; **Ht:** 64 in.; **Wt:** 252 lbs.; **BMI:** 43.25; **Pulse Oximetry:** 98%; **FDLMP:** 02/18/24

ALLERGIES: No Known Drug Allergies; methylene blue ((Visual disturbances NOS) or (amblyopia) or (blurred vision))

MEDICATIONS:

Allegra Allergy 180 mg tablet (1 tablet daily by mouth as needed)

Pepcid 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE 2 TIMES PER DAY for acid reflux)

PAST MEDICAL HISTORY: seasonal allergies, UTIs.

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: denies tobacco, alcohol, and illicit drug use. Works on campus in HR. Married w/ 1 child.

FAMILY HISTORY: Father- afib; Mother- HLD; Grandparent- CVA; breast cancer.

HEALTH MX HISTORY:

Pap smear- April 2021- normal

Mammogram- Dense breast tissue, otherwise normal (self-report) 2021

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- Left tympanic membrane is clear. Right TM with serous fluid present. 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

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

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

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

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

RESULTS:

Dexamethasone 4mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 4 milligram(s)
Administered By: Barton, Lindsey - CRNP

Depo-Medrol 40mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 40 milligram(s)
Administered By: Barton, Lindsey - CRNP

ASSESSMENT:

H65.01 - Acute serous otitis media, right ear (PRIMARY).

PLAN:

Given steroid shot in office. Recommended to continue otc antihistamine but add flonase also. She verbalized understanding. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 02/26/24 11:03 AM

L Barton, CRNP