

Auburn Montgomery Warhawk Health Services

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

Date: 04/10/23

PATIENT: COX, KELLY **DOB:** 01/16/1987 **Gender:** FEMALE **MRN:** 300 **AGE:** 36 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Left ear fullness/pain with sinus pressure

HISTORY OF PRESENT ILLNESS: Ms. Cox presents to the clinic with complaints of left ear fullness with pain and facial pressure with congestion x 1 week. She has tried OTC Zyrtec.

VITALS: BP: 128/78 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 105; **Temp:** 97.5; **Resp:** 16; **Ht:** 68 in.; **Wt:** 225.8 lbs.; **BMI:** 34.33; **Pulse Oximetry:** 99%; **FDLMP:** 03/31/23

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Imitrex 100 mg tablet
Norvasc 10 mg tablet
Tegretol XR 400 mg tablet, extended release
Wellbutrin XL 300 mg 24 hr tablet, extended release
Xanax 1 mg tablet
amitriptyline 150 mg tablet (100mg)
buspirone 30 mg tablet
tetracycline 250 mg capsule

PAST MEDICAL HISTORY: GAD; depression; chronic migraines (Dr. Hamp Greene) gets botox injections every 3 months.

FAMILY HISTORY:

Mother: 71 HTN, arthritis
Father: 69 HTN, arthritis
Older brother: age 43 no known health problems.

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- Right tympanic membrane clear, Left TM is 100% blocked with soft honey colored cerumen. Unable to visualize left TM. Ear canals are patent. Nose- septum- midline; Maxillary tenderness palpated no frontal sinus tenderness. noted Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

After cerumen removal of left ear. Left Ear canal is clear, TM is visualized and is normal. Fluid noted in both ears.

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

Auburn Montgomery Warhawk Health Services

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

Date: 04/10/23

PATIENT: COX, KELLY **DOB:** 01/16/1987 **Gender:** FEMALE **MRN:** 300 **AGE:** 36 Years

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:

Dexamethasone 4mg/ml (2 unit(s)): Injection

RESULTS:

Dexamethasone 4mg/ml:
Site Given: Left Ventral Gluteal
Dosage Given: 8 milligram(s)
Administered By: Blackwell, Robin - CRNP

ASSESSMENT:

J01.00 - ACUTE MAXILLARY SINUSITIS, UNSPECIFIED (PRIMARY)
H61.22 - Impacted cerumen, left ear
H65.93 - Unspecified nonsuppurative otitis media, bilateral
H92.02 - Otalgia, left ear

PLAN:

Continue Zyrtec as directed. Patient has Flonase at home to use. Follow up as needed.

Patient gave verbal consent for cerumen removal of left ear. Left ear was irrigated with warm water and hydrogen peroxide x 1 attempt with no success. Used curette x 1 attempt and removed 100% of cerumen. Patient tolerated procedure well. No bleeding noted.

amoxicillin 875 mg-potassium clavulanate 125 mg tablet
Refills: 0 Qty: 14 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS FOR 7 DAYS

Electronically signed by Robin Blackwell, CRNP on 04/10/23 9:34 AM

Robin Blackwell CNP