

Auburn Montgomery Warhawk Health Services

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

Date: 05/05/23

PATIENT: COCHRAN, JOSHUA **DOB:** 08/20/1985 **Gender:** MALE **MRN:** 4870 **AGE:** 37 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Left ear pain

HISTORY OF PRESENT ILLNESS: Mr. Cochran is a 37 yo male here today for left ear pain for the past 1 week. Denies any other associated upper respiratory symptoms. States that he does occasionally get fluid on his ears and has vertigo, but he hasn't had those issues in a while. Denies frequent ear infections in the past. He has not tried any otc meds.

VITALS: BP: 128/75 **Pulse:** 57; **Temp:** 97.9; **Resp:** 16; **Ht:** 70 in.; **Wt:** 174.3 lbs.; **BMI:** 25; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Denies

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

FAMILY HISTORY:

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- tympanic membranes clear. 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

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

RESULTS:

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Dexamethasone 4mg/ml:

Site Given: Left Ventragluteal

Dosage Given: 4 milligram(s)

Administered By: Bicknell, Miranda - RN

Depo-Medrol 40mg/ml:

Site Given: Left Ventral Gluteal

Dosage Given: 40 milligram(s)

Administered By: Bicknell, Miranda - RN

ASSESSMENT:

H65.02 - Acute serous otitis media, left ear (PRIMARY).

PLAN:

Recommended otc zyrtec or xyzal in addition to flonase. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 05/05/23 4:54 PM

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