

Auburn Montgomery Warhawk Health Services

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

Date: 11/21/23

PATIENT: TROTTER, FLORENCE **DOB:** 07/27/1995 **Gender:** FEMALE **MRN:** 5332 **AGE:** 28 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Dizziness

HISTORY OF PRESENT ILLNESS: Mrs. Trotter is a 28 yo female here today for dizziness that started yesterday. Associated with a headache. She states she took some ibuprofen and the headache went away; however, the dizziness persists. Dizziness is gone with lying down but comes back when she is sitting, standing, and changing positions.

About 2 hrs ago, she noticed that her tongue felt tingly. She answered the phone but was having a hard time getting her words out and that made her nervous. She states that only lasted for about 30 secs to 1 min then went away and hasn't happened since. She states her tongue is no longer tingly either. She does have a history of migraines. She states she rarely gets them, but when she does she usually has a headache with nausea and light sensitivity. Migraines are usually relieved with exedrin migraine.

VITALS: BP: 143/85 **Site:** RIGHT ARM **Position:** LAYING **Pulse:** 86 **BP2:** 138/90 **Site2:** RIGHT ARM **Position2:** SITTING **Pulse2:** 86 **BP3:** 138/89 **Site3:** RIGHT ARM **Position3:** STANDING **Pulse3:** 77; **Temp:** 98.2; **Resp:** 16; **Ht:** 64 in.; **Wt:** 185.4 lbs.; **BMI:** 31.82; **Pulse Oximetry:** 98%; **FDLMP:** 11/01/23

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

ergocalciferol (vitamin D2) 1,250 mcg (50,000 unit) capsule
escitalopram 10 mg tablet (TAKE 1 TABLET BY MOUTH EVERY DAY)

PAST MEDICAL HISTORY: GAD, migraines

PAST SURGICAL HISTORY: tympanostomy tubes in ears as a child.

SOCIAL HISTORY: Drinks one glass of wine most nights of the week. Denies smoking or illicit drug use.

FAMILY HISTORY: Mother- HTN, Father- HTN and skin cancer.

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. No nystagmus. 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; 2+ DP and PT pulses bilaterally. Bilateral hand grasp strong and equal 5/5.

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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:

UA (1 unit(s)): In-House Lab
URINE PREG TEST (1 unit(s)): In-House Lab
EKG (1 unit(s)): Office Procedure
Orthostatic Vital Signs (1 unit(s)): Office Procedure
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

UA:
 Appearance: clear
 Color: yellow
 Glucose: Negative
 Bill: Negative
 Ketones: Negative
 Sp: 1.005
 Blood: Negative
 pH: 7
 Protein: Negative
 Urobilinogen: Negative
 Nitrites: Negative
 Leukocytes: Positive
 CS: No
 Comments: Leuks- 25.

URINE PREG TEST :
 Value: Negative

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:

R42 - DIZZINESS AND GIDDINESS (PRIMARY)
R44.8 - Other symptoms and signs involving general sensations and perceptions

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PLAN:

Work up in office benign. EKG- NSR at 76 bpm with no ischemic changes. Given steroid shot for vertigo. We discussed her other symptoms of tongue numbness and difficulty getting words out could be related to migraine or stroke. Those symptoms have resolved except for the dizziness. Given ER precautions if stroke like symptoms return or if dizziness doesn't improve. Follow up as needed. She verbalized understanding.

Electronically signed by Lindsey Barton, CRNP on 11/21/23 5:06 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style. The "J" is large and loops around the first part of the name. "Barton" is written in a standard cursive, and "CRNP" is written in a slightly more upright, blocky cursive at the end.