

Auburn Montgomery Student Health Services

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

Date: 02/25/22

PATIENT: BOWEN, DAWNEESE **DOB:** 12/12/1971 **Gender:** FEMALE **MRN:** S00039878 **AGE:** 50 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: ankle swelling

HISTORY OF PRESENT ILLNESS: Mrs. Bowen is a 50 yo female here today for lower extremity swelling in both ankles. She states it started in one ankle yesterday then woke up this morning with swelling in both. She is up 6 lbs this week. She c/o sob with exertion. Denies orthopnea or PND. She normally sleeps on 3 pillows at night b/c she has a history of GERD and continues to sleep on 3 pillows. Her diet and sodium intake has not changed. She denies chest pain.

Of note, she had COVID in 2020. She had palpitations and sob afterwards for several months. She saw Dr. Stoudemire-Howlett who did a complete cardiac workup. She was told everything was normal. She then had COVID in Jan. 2022. Since then she has had sob. She states the sob she is experiencing now is the same as it has been since her most recent COVID diagnosis. Since having COVID recently she has also been experiencing dizziness. She saw her PCP, Dr. Graves, 2 weeks ago. He has referred her to ENT. Her appt is in the next 2 weeks.

VITALS: BP: 134/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 77; **Temp:** 98.2; **Resp:** 16; **Ht:** 65 in.; **Wt:** 188.5 lbs.;
BMI: 31.36; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Fish Oil 1,000 mg (120 mg-180 mg) capsule
Vitamin D3 10 mcg (400 unit) capsule
multivitamin tablet

PAST MEDICAL HISTORY: GERD s/p Nissen, H/o COVID in 2020 and Jan. 2022.

PAST SURGICAL HISTORY: Nissen 2018, (R) rotator cuff surgery 2019, ventral and abdominal hernia repair Dec. 2021.

SOCIAL HISTORY: Married w/ children. Works at AUM. Drinks occasionally, denies smoking and drug use

FAMILY HISTORY: Mother: HTN, Father: HTN,DM

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. 1-2+ bilateral peripheral edema extending up to midshin. Negative Homan's sign bilaterally.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

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MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

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:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics

CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics

EKG (1 unit(s)): Office Procedure

D-DIMER QUANTITATIVE (1 unit(s)): Quest Diagnostics

Pro-BNP (1 unit(s)): Quest Diagnostics

ASSESSMENT:

R06.00 - DYSPNEA, UNSPECIFIED (PRIMARY)

R60.9 - EDEMA, UNSPECIFIED

Z86.16 - Personal history of COVID-19

PLAN:

EKG- NSR at 69 BPM w/ no ischemic changes. Check labs. Start lasix in the morning. Weigh daily over weekend. Decrease sodium intake. Elevate extremities. Referral for CXR. She states she will go today. Given ER precautions for worsening symptoms over the weekend. Called Bethany, CRNP with Dr. Stoudemire- Howlett for a follow up in their office next week. She will call the patient for the day and time.

Lasix 40 mg tablet

Refills: 0 Qty: 3 TABLET(S)

Instructions: TAKE 1 TABLET (40 MG) BY ORAL ROUTE ONCE DAILY x 3 days

Referral: EMIC, East Montgomery Imaging Center (Radiology)

No Special Instructions

Electronically signed by Lindsey Barton, CRNP on 02/25/22 3:02 PM

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