

Auburn Montgomery Warhawk Health Services

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

Date: 10/10/24

PATIENT: BELL, CHELSEA **DOB:** 10/10/1989 **Gender:** FEMALE **MRN:** 5414 **AGE:** 35 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: vaginal itching and increased urinary frequency

HISTORY OF PRESENT ILLNESS: Mrs. Bell is a 35 yo female here today for vaginal itching and increased urinary frequency. She states her GYN called her in diflucan a few days ago for possible yeast infection. She gave her three doses. She took one dose on Sunday and the second dose last night. She states her symptoms are not worse, but also not better and she is concerned. She denies burning with urination or blood in urine. She had a uterine ablation in the past and she will have spotting occasionally. She is spotting today.

She also c/o bilateral eyes itching and dry for 1 week. She has a history of Lasik in 2020 with Montgomery Eye Physicians. She has been using otc eye drops for allergies with little relief. She normally takes allegra for seasonal allergies, but she has not taken it for the past week.

She also c/o rash to left lower leg that has been present for several years. She states it itches at times and hair does not grow there.

VITALS: BP: 108/61 **Pulse:** 65; **Temp:** 98.1; **Resp:** 16; **Ht:** 63 in.; **Wt:** 157.4 lbs.; **BMI:** 27.88; **Pulse Oximetry:** 99%

ALLERGIES: azithromycin (C/O - nausea)

MEDICATIONS:

citalopram 20 mg tablet
fluconazole 200 mg tablet
hydroxyzine HCl 25 mg tablet
solifenacin 5 mg tablet

PAST MEDICAL HISTORY: GAD, overactive bladder.

PAST SURGICAL HISTORY: uterine ablation, Lasik eye surgery 2020.

SOCIAL HISTORY: Married. Works on campus. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY:

HEALTH MX HISTORY:

PCP- Vernisha Hill-Graham

GYN- Dr. Phillips

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

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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:

UA (1 unit(s)): In-House Lab

MICROSCOPY (1 unit(s)): In-House Lab

CULTURE, URINE, ROUTINE (QUEST) (1 unit(s)): Quest Diagnostics

RESULTS:

UA:

Appearance: clear

Color: yellow

Glucose: Negative

Bilirubin: Negative

Ketones: Negative

Sp: 1.010

Blood: Positive

pH: 7

Protein: Negative

Urobilinogen: Negative

Nitrites: Negative

Leukocytes: Negative

CS: yes

Comments: Trace blood- spotting on cycle.

MICROSCOPY:

WBC: Negative

RBC: Few

Bacteria: Negative

Epith. Cells: Present

Cast: Negative

Trich.: Negative

Yeast: Negative

Other: Negative

ASSESSMENT:

B37.31 - ACUTE CANDIDIASIS OF VULVA AND VAGINA (PRIMARY)

R35.0 - FREQUENCY OF MICTURITION

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L30.9 - Dermatitis, unspecified
J30.2 - Other seasonal allergic rhinitis

PLAN:

Yeast infection- she took her second dose of diflucan last night. I explained that it can take 3 days to work and that for some people more than one dose of diflucan is required. I recommended she give it three days and then take her 3rd dose over the weekend if needed. Will send in Rx for terconazole for her to use if needed. Follow up with urine culture.

Eczema left leg- triamcinolone cream.

Itchy eyes- recommended she restart allegra daily and otc pataday. If no improvement, then schedule an appt with her eye doctor for further eval.

Follow up as needed.

terconazole 0.8 % vaginal cream

Refills: 0 Qty: 3 APPLICATOR(S)

Instructions: INSERT 1 APPLICATORFUL BY VAGINAL ROUTE ONCE DAILY AT BEDTIME x 3 days

triamcinolone acetonide 0.1 % topical cream

Refills: 0 Qty: 22 GRAM(S)

Instructions: APPLY A THIN LAYER TO THE AFFECTED AREA(S) BY TOPICAL ROUTE 2 TIMES PER DAY

Electronically signed by Lindsey Barton, CRNP on 10/10/24 10:40 AM

L. Barton, DNP, CRNP