

Patient name: Maura Smith

68 years old

5'22"

150 lbs

Reason for encounter: dizziness

Skin: warm and dry

- How can I help you today? I have been having recurrent, sudden, brief episodes of dizziness for the past 2 weeks.
- Any other concerns? Just dizzy episodes
- Most distressing symptoms? Episodes of dizziness
- How that makes you feel? Feel tired in the morning
- How does this affect your life? It concerns me
- Anything I can do for you now? Just help me understand why I am having those dizzy episodes.
- When did it start? It all started about 2 weeks ago
- Events surrounding start of symptoms? When I change my head position, such as when I roll over onto my right side while in bed, it feels like I am spinning around, like the room starts moving around in circles. It also made me want to throw up. But I did not actually vomit.
- Tell me about last time you felt dizzy. Just last night, I had two episodes and could not get back to sleep afterward due to the dizziness.
- Anything makes better or worse? Yes, it was triggered by some changes in my head position. It is quite severe when I turn my head abruptly. The only thing that makes it better is when I hold my head still.
- How severe is your dizziness? Sometimes, it gets pretty severe when I quickly move my head. I get scared and concerned when that happens.
- Does your dizziness come and go? Yes, these episodes typically last only a few minutes at a time.
- Any treatment you had? None. I haven't tried anything, except keeping my head still.
- How long single episode of dizziness last? Last a few minutes
- Any hearing loss? - no
- Ringing in ear? - no
- Ear pain? - no
- Any trouble with vision? - no
- Numbness or tingling anywhere? - no

- No weakness
- No lack of coordination
- No problem walking
- No headache
- No chest pain, no SOB
- How severe is your high blood pressure- it has been pretty good and controlled by medications. I check my blood pressure about once a week and it runs about 130s/70s.
- No history of fall
- No trauma to head
- No recent travel
- No sleep apnea
- No fever
- No unusual heartbeat or palpitations
- Get nauseous only when I get these dizzy episodes, no diarrhea
- No anxiety, no depression symptoms
- PMH- have high blood pressure (diagnosed about 10 years ago)
- No mental health issues
- Surgeries- had gallbladder removed 5 years ago and uterus removed 18 years ago
- Medications- atenolol 50 mg daily, losartan 25 mg daily, and hydrochlorothiazide 12.5 mg daily for high blood pressure
- OTC medications- multivitamins one capsule daily and calcium citrate 600 mg twice daily
- NKDA
- Last physical may be a year ago. Checking blood pressure at home. Immunization up to date
- Family history- both grandparents had high blood pressure. Mother also had high blood pressure, she died of stroke at age 78. My father was diagnosed with DM2 at age 50 and died of a heart attack at age 75. I have two sisters and both are still alive. One sister is 64 and she has type 2 diabetes. My youngest sister is 60 and alive and well. My husband and I have two daughters ages 45 and 42 and both are alive and well.
- Work as an accountant, now retired, do regular housework.
- Drinks one or two glasses of wine per month
- No recreational drug use
- Denies smoking
- Drinks normal amount of water during the day
- I eat a balanced diet. I eat red meat only about once or twice a month