

Auburn Montgomery Warhawk Health Services

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

Date: 01/24/25

PATIENT: FULFORD, TERAN **DOB:** 11/22/1971 **Gender:** FEMALE **MRN:** 1192 **AGE:** 53 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: hoarseness and cough

HISTORY OF PRESENT ILLNESS: Ms. Fulford is a 53 yo female here today for hoarse voice and slight cough since yesterday. Denies fever, runny nose, earache, or nasal congestion.

Of note, she was seen for ear infection at urgent care on NYE. She was given a steroid shot and antibiotic. She had no improvement and went back a few days later and received another steroid injection, a steroid dose pack and another antibiotic because she was having a hard time hearing out of that ear. She was then referred to ENT who drained her ear.

She is requesting another steroid shot today to help with her laryngitis.

VITALS: BP: 130/77 **Pulse:** 103; **Temp:** 98.1; **Resp:** 16; **Ht:** 65 in.; **Wt:** 169.8 lbs.; **BMI:** 28.25; **Pulse Oximetry:** 99%

ALLERGIES: Sulfa (Sulfonamide Antibiotics)

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Exercises regularly. Heterosexual. No tobacco use. Does wear reading glasses.

FAMILY HISTORY: Mother=heart disease and high cholesterol
Father=HTN

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.

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ASSESSMENT:

J04.0 - Acute laryngitis (PRIMARY)

R05.9 - Cough, unspecified

PLAN:

We discussed that laryngitis is usually viral and that it doesn't require an antibiotic. She has had 2 steroid injections and a steroid dose pack in the last 3 weeks, so I do not recommended another injection today. Will treat symptoms. She needs to allow her voice to rest as much as possible and increase fluid intake. It can take 1-2 weeks for symptoms to resolve completely. Follow up as needed.

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup

Refills: 0 Qty: 120 ML(S)

Instructions: TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 4 HOURS as needed for cough/congestion

Electronically signed by Lindsey Barton, CRNP on 01/27/25 9:30 AM

L. Barton, DNP, CRNP