

Auburn Montgomery Warhawk Health Services

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

Date: 05/19/25

PATIENT: TANEJA, AYUSH **DOB:** 03/28/1989 **Gender:** MALE **MRN:** 1274 **AGE:** 36 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sore throat, dry cough, and headache since Saturday.

HISTORY OF PRESENT ILLNESS: Mr. Taneja is a 36 yo male here today for sore throat, dry cough, headache, and yellow drainage since Saturday night. Denies fever. He has not tried any otc meds for relief. He reports his wife has the same symptoms.

He did not take the augmentin prescribed in February because it was sent to the wrong Publix but he got better within a few days.

He denies taking an antihistamine for allergy symptoms. He is going out of town Thursday and wants to make sure he is better.

VITALS: BP: 125/79 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 80; **Temp:** 97.2; **Resp:** 16; **Ht:** 71 in.; **Wt:** 225.1 lbs.;
BMI: 31.39; **Pulse Oximetry:** 94%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Fish Oil 1,000 mg (120 mg-180 mg) capsule
allopurinol 100 mg tablet (daily)

PAST MEDICAL HISTORY: Asthma when he was younger, no issues in last 10-15 years. and high cholesterol. Seasonal allergies.

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Male, heterosexual. Married. Works on campus. Exercises on a regular basis. Drinks a limited amount of alcohol, occasionally.

FAMILY HISTORY: Father has diabetes

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

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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:

STREP A (1 unit(s)): In-House Lab
INFLUENZA Rapid Test (1 unit(s)): In-House Lab
COVID Rapid Testing (1 unit(s)): In-House Lab

RESULTS:

STREP A:
Value: Negative

INFLUENZA Rapid Test:
Value: Negative
Comment: Flu A and B negative.

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

J30.2 - Other seasonal allergic rhinitis (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R51.9 - HEADACHE, UNSPECIFIED
R05.9 - COUGH, UNSPECIFIED

PLAN:

We discussed that his symptoms in February and his symptoms now are related to seasonal allergic rhinitis. He has a history of asthma and it is not uncommon for people with allergies to have SAR. Recommended he take an antihistamine daily especially during seasonal changes to help reduce his symptoms. We also discussed appropriate antibiotic use to prevent resistance and that antibiotics are not needed for allergies. He may not be better by Thursday and it may take 7-10 days for his symptoms to resolve. Follow up as needed.

Xyzal 5 mg tablet
Refills: 3 Qty: 90 TABLET(S)
Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension
Refills: 2 Qty: 11 ML(S)
Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED for allergy symptoms

Electronically signed by Lindsey Barton, CRNP on 05/19/25 11:30 AM

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L. Barton, DNP, CRNP