

Auburn Montgomery Student Health Services

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

Date: 09/24/20

PATIENT: HARRIS, LAUREN **DOB:** 03/16/1999 **Gender:** FEMALE **MRN:** 130 **AGE:** 21 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Exacerbation of asthma symptoms

HISTORY OF PRESENT ILLNESS: 21 yo female with PMH of asthma. Well controlled. She has been on singulair in the past but not for the past 2-3 yrs. She now just uses a rescue inhaler when needed. She rarely has to use it except for season changes. She reports she has used in a couple of times over the past few days but not needing it daily. She is a softball player and has noticed being short winded after practices but it usually resolves. She reports a dry cough and she has been sneezing alot and occasional "lung tightness". This is what happens when she has a flare up. She does not take any otc antihistamines for her allergies.

Denies runny nose, congestion, sore throat, sob, loss of taste/smell, or n/v/d.

VITALS: BP: 102/64 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 76; **Temp:** 98.4; **Resp:** 12; **Ht:** 64.5 in.; **Wt:** 145.4 lbs.; **BMI:** 24.57; **Pulse Oximetry:** 94%; **FDLMP:** 09/03/20

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

albuterol sulf 90 mcg/actuation breath activated powder inhaler,sensor

PAST MEDICAL HISTORY: Asthma

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; 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:

THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Decadron 4mg/ml (1 unit(s)): Injection

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Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

Decadron 4mg/ml:

Site Given: Left Gluteus Maximus

Dosage Given: 1 milliliter(s)

Administered By: Morris, Amy - RN

Depo-Medrol 40mg/ml:

Site Given: Left Gluteus Maximus

Dosage Given: 1 milliliter(s)

Administered By: Morris, Amy - RN

ASSESSMENT:

J45.21 - MILD INTERMITTENT ASTHMA WITH EXACERBATION (PRIMARY)

R05 - Cough

PLAN:

Continue albuterol inhaler prn. Given steroid shot in office. Rx for singulair. Follow up as needed.

PLAN:

Singulair 10 mg tablet

Refills: 1 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING for allergies and asthma

Electronically signed by Lindsey Barton, CRNP on 09/24/20 3:13 PM

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