

Auburn Montgomery Warhawk Health Services

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

Date: 03/12/24

PATIENT: MARTIN, PEPPER **DOB:** 12/03/1975 **Gender:** FEMALE **MRN:** 136 **AGE:** 48 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: cough x 2 weeks

HISTORY OF PRESENT ILLNESS: Ms. Martin is a 48 yo female here today for a dry cough for the past 2 weeks that occurs mostly at night and in the early mornings. Associated with post nasal gtt. Both symptoms started with her losing her voice. Her voice is back, but the cough is persistent. Denies fever, runny nose, or congestion. She has been using the albuterol inhaler in the mornings and she feels like it helps.

VITALS: BP: 163/109 **Pulse:** 93; **Temp:** 98.8; **Resp:** 16; **Ht:** 68 in.; **Wt:** 323.8 lbs.; **BMI:** 49.23; **Pulse Oximetry:** 98%

ALLERGIES: almond

MEDICATIONS:

albuterol sulfate HFA 90 mcg/actuation aerosol inhaler (INHALE 2 PUFFS (180 MCG) BY INHALATION ROUTE EVERY 4-6 HOURS AS NEEDED (FOR SOB/WHEEZING))

losartan 50 mg tablet

meloxicam 7.5 mg tablet (1 tablet PO once daily as needed.)

PAST MEDICAL HISTORY: HTN, deaf (uses hearing aides). Obese

PAST SURGICAL HISTORY: Right ankle replacement and Reconstructive surgery x 4.

SOCIAL HISTORY: Drinks alcohol socially. Denies smoking or illicit drug use.

FAMILY HISTORY:

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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ORDERS:

THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

Dexamethasone 4mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 4 milligram(s)
Administered By: Barton, Lindsey - CRNP

Depo-Medrol 40mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 40 milligram(s)
Administered By: Barton, Lindsey - CRNP

ASSESSMENT:

J30.2 - Other seasonal allergic rhinitis (PRIMARY).
R09.82 - Postnasal drip.
R05.9 - Cough, unspecified.

PLAN:

Given steroid shot in office. Recommended otc xyzal and flonase. Follow up as needed or if no improvement or worsening symptoms.

Electronically signed by Lindsey Barton, CRNP on 03/12/24 4:19 PM

L Barton, CRNP