

Auburn Montgomery Warhawk Health Services

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

Date: 01/11/24

PATIENT: FREE, KAYLA **DOB:** 10/21/1999 **Gender:** FEMALE **MRN:** 1378 **AGE:** 24 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sinus issues, chest congestion

HISTORY OF PRESENT ILLNESS: Mrs. Free is a 24 yo female here today for sinus drainage, congestion, chest tightness, sore throat, productive cough, head pressure, and nausea that started over the weekend. She denies fever. She has a history of asthma and denies shortness of breath, but reports chest tightness. She states she has not tried her albuterol recently for relief.

VITALS: BP: 135/98 **Pulse:** 73; **Temp:** 97; **Resp:** 16; **Ht:** 66.5 in.; **Wt:** 146.6 lbs.; **BMI:** 23.3; **Pulse Oximetry:** 98%;
FDLMP: 01/11/24

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension (SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED)

Proair Digihaler 90 mcg/actuation aerosol powder breath act, sensor (NHALE 2 RAPID INHALATIONS AS NEEDED FOR COUGH. CONTACT MD IF NEED MORE THAN TWICE A DAY)

Qvar ReditHaler 80 mcg/actuation HFA breath activated aerosol (USE 2 PUFFS WITH SPACER TWICE A DAY)

Singulair 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING)

Xyzal 5 mg tablet (TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING)

omeprazole 40 mg capsule, delayed release

PAST MEDICAL HISTORY: exercise-induced asthma, seasonal allergies, GERD.

PAST SURGICAL HISTORY: Denies

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

FAMILY HISTORY: Mother- HTN, depression.

HEALTH MX HISTORY: Dr. Meadows- allergist (recently retired).

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.

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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.

ORDERS:

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

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Positive
Comment: Flu B +, Flu A -.

Abbott COVID Rapid Test:
Value: Negative

ASSESSMENT:

J10.1 - Influenza due to other identified influenza virus with other respiratory manifestations (PRIMARY)
J45.21 - Mild intermittent asthma with (acute) exacerbation
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R05.9 - COUGH, UNSPECIFIED
R09.89 - OTH SYMP&SIGNS INVOLVING THE CIRC&RESP SYSTEMS

PLAN:

Rx as per below. Will treat symptoms. Follow up as needed.

Medrol (Pak) 4 mg tablets in a dose pack
Refills: 0 Qty: 1 UNIT(S)
Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

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 8 HOURS as needed for cough/congestion

albuterol sulfate HFA 90 mcg/actuation aerosol inhaler
Refills: 0 Qty: 1 UNIT(S)
Instructions: INHALE 2 PUFFS (180 MCG) BY INHALATION ROUTE EVERY 4-6 HOURS AS NEEDED

Electronically signed by Lindsey Barton, CRNP on 01/11/24 10:46 AM

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