

Auburn Montgomery Warhawk Health Services

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

Date: 01/30/26

PATIENT: FREE, KAYLA **DOB:** 10/21/1999 **Gender:** FEMALE **MRN:** 1378 **AGE:** 26 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: dry cough and chest congestion for past 1-2 days.

HISTORY OF PRESENT ILLNESS: 26 YO F PTC for dry cough and chest congestion over past few days, pt denies productive cough, denies fever, chills or body aches. Denies nasal drainage or congestion. Pt states had flu one month ago, fully recovered. Pt states currently breastfeeding, infant has cough as well.

VITALS: BP: 136/95 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 98; **Temp:** 97.5; **Resp:** 16; **Ht:** 67 in.; **Wt:** 162.3 lbs.;
BMI: 25.41; **Pulse Oximetry:** 98%; **FDLMP:** 01/23/26

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

albuterol sulfate HFA 90 mcg/actuation aerosol inhaler (INHALE 2 PUFFS (180 MCG) BY INHALATION ROUTE EVERY 4-6 HOURS AS NEEDED)
omeprazole 40 mg capsule, delayed release (TAKE 1 CAPSULE (40 MG) BY ORAL ROUTE ONCE DAILY BEFORE A MEAL)

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

PAST SURGICAL HISTORY: Denies

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

FAMILY HISTORY: Mother- HTN, depression. Father- HLD.

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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

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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.

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)

R05.9 - Cough, unspecified

PLAN:

Polytussin DM(pyrilamine) 12.5 mg-5 mg-7.5 mg/5 mL oral liquid

Refills: 0 Qty: 200 ML(S)

Instructions: TAKE 10 ML PO EVERY 4-6 HOURS AS NEEDED FOR COUGH

albuterol sulfate HFA 90 mcg/actuation aerosol inhaler

Refills: 2 Qty: 1 UNIT(S)

Instructions: INHALE 2 PUFFS (180 MCG) BY INHALATION ROUTE EVERY 4-6 HOURS AS NEEDED

Short term use of cough medication recommended, may also consider mucinex cough and delsym while breastfeeding.

Electronically signed by Breena Till, CRNP on 01/30/26 9:40 AM

