

Auburn Montgomery Warhawk Health Services

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

Date: 03/07/24

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: headache

HISTORY OF PRESENT ILLNESS: Mrs. Free is a 24 yo female here today for headache that has been persistent for the past 4 days. She states she feels pressure and like there is a ring around her head. Most of the pressure is located in the back of her head. Onset was Monday. She reports slight light and sound sensitivity, but denies nausea or vomiting. She has tried otc excedrin migraine with little relief. She reports she is eating and drinking ok. She is also concerned because her heart rate has been elevated the last few days. She thinks it could all be anxiety, because she is nervous about her headache not going away. She denies chest pain, shortness of breath, or skipping beats.

VITALS: BP: 144/93 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 109; **Temp:** 98.1; **Resp:** 16; **Ht:** 66.5 in.; **Wt:** 145.6 lbs.; **BMI:** 23.14; **Pulse Oximetry:** 98%; **FDLMP:** 02/22/24

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 (INHALE 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)

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

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. No nystagmus. 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

Auburn Montgomery Warhawk Health Services

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

Date: 03/07/24

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

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.

ORDERS:

UA (1 unit(s)): In-House Lab
URINE PREG TEST (1 unit(s)): In-House Lab
EKG (1 unit(s)): Office Procedure
COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
C-REACTIVE PROTEIN (QUEST) (1 unit(s)): Quest Diagnostics
SED RATE BY MOD WEST (QUEST) (1 unit(s)): Quest Diagnostics
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics
MAGNESIUM (1 unit(s)): Quest Diagnostics

RESULTS:

UA:
 Appearance: clear
 Color: amber
 Glucose: Negative
 Bill: Negative
 Ketones: Negative
 Sp: 1.020
 Blood: Negative
 pH: 6
 Protein: Negative
 Urobilinogen: Negative
 Nitrites: Negative
 Leukocytes: Positive
 Comments: Leuk: 500 Leu/uL

URINE PREG TEST :
 Value: Negative

ASSESSMENT:

G44.209 - Tension-type headache, unspecified, not intractable (PRIMARY)
R00.0 - TACHYCARDIA, UNSPECIFIED
Z32.02 - ENCOUNTER FOR PREGNANCY TEST, RESULT NEGATIVE

PLAN:

11:20am 20g INT attempt to right AC by Bicknell, RN unsuccessful with only a flashback and no good blood flow. 2nd attempt to left AC by Barton, CRNP with flashback, + blood return, and no difficulty with saline bolus infusion.

Auburn Montgomery Warhawk Health Services

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

Date: 03/07/24

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

11:23am 15 mg Toradol per order administered to the left AC via IV route.

11:30: 4mg Dexamethasone administered to the left AC via IV route per order

11:50: 20g INT is D/C'd with catheter intact. No redness, swelling, or pain at site.

EKG- Sinus tach at 104 bpm w/ no ischemic changes. She felt better prior to leaving clinic. She called the clinic this afternoon and stated that the pressure in her head had returned. Order for CT brain. Imitrex sent to pharmacy along with toradol. I believe it is a tension-type headache.

ketorolac 10 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE EVERY 6 HOURS AS NEEDED FOR pain for UP TO 5 DAYS TOTAL USE

Imitrex 25 mg tablet

Refills: 0 Qty: 15 TABLET(S)

Instructions: TAKE 1 TABLET (25 MG) BY ORAL ROUTE AFTER ONSET OF MIGRAINE; MAY REPEAT AFTER 2 HOURS IF HEADACHE RETURNS, NOT TO EXCEED 200MG IN 24HRS

Referral: PIC, Prattville Imaging Center (Radiology)

No Special Instructions

Electronically signed by Lindsey Barton, CRNP on 03/07/24 4:27 PM

Handwritten signature of Lindsey Barton, CRNP in black ink.