

**Auburn Montgomery Warhawk Health Services**

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

**Date:** 03/11/24

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

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** ER Follow up

**HISTORY OF PRESENT ILLNESS:** Mrs. Free is a 24 yo female here today for ER follow up. She was seen here on Thursday for tension headache. Her symptoms got worse throughout the day so she was advised to go to the ER. She went to Prattville Baptist. Records have been requested. She states she was told all labs were normal except her glucose was 200 (she was given decadron in our office earlier that day). CT brain was normal. She states she is still having alot of pressure. She is taking toradol some and has taken the fioricet that was prescribed by the ER. CVS didn't call her about the imitrex that was sent in so she has not picked it up. She states the pressure is located at the top of her head and rates it a "4/10" today. Denies blurred vision, light or sound sensitivity, nausea or vomiting, or dizziness.

**VITALS:** BP: 138/98 **Pulse:** 88; **Temp:** 96.8; **Resp:** 16; **Ht:** 66.5 in.; **Wt:** 146.9 lbs.; **BMI:** 23.35; **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)  
Imitrex 25 mg tablet (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)  
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 RediHaler 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)  
ketorolac 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE EVERY 6 HOURS AS NEEDED FOR pain for UP TO 5 DAYS TOTAL USE)  
omeprazole 40 mg capsule, delayed release

**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.

**Auburn Montgomery Warhawk Health Services**

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

**Date:** 03/11/24

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

**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 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:**

HEMOGLOBIN A1c (1 unit(s)): Quest Diagnostics

**ASSESSMENT:**

G44.209 - Tension-type headache, unspecified, not intractable (PRIMARY)

R73.9 - HYPERGLYCEMIA, UNSPECIFIED

**PLAN:**

Check Hgb A1c since her glucose was elevated at her last visit here (113) and in the ER. Most likely the 200 at the ER was from the decadron she was given in our office earlier that day. Called CVS, they are filling the imitrex. I advised her to pick it up and try that for tension headache and let us know if there is no improvement. She can continue the toradol and fioricet on an as needed basis for headaches. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 03/11/24 10:42 AM

*L Barton, CRNP*