

Auburn Montgomery Warhawk Health Services

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

Date: 06/20/23

PATIENT: FREE, KAYLA **DOB:** 10/21/1999 **Gender:** FEMALE **MRN:** 1378 **AGE:** 23 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Possible sinus infection

HISTORY OF PRESENT ILLNESS: Mrs. Free presents with sinus drainage, congestion and sore throat since Thursday. She also c/o sinus pressure behind her eyes and cheeks. She has tried otc claritin D with no relief. She has sinus infections 1-2x per year. Denies fever, cough, or ear ache.

VITALS: BP: 140/97 **Pulse:** 90; **Temp:** 97.5; **Resp:** 16; **Wt:** 136 lbs.; **Pulse Oximetry:** 98%; **FDLMP:** 05/30/23

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

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)

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.

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.

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PSYCHIATRIC: Appropriate mood and affect.

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)

J45.990 - EXERCISE INDUCED BRONCHOSPASM

PLAN:

Rx as per below. Follow up as needed.

clarithromycin 500 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE EVERY 12 HOURS

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension

Refills: 0 Qty: 1 UNIT(S)

Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED

Electronically signed by Lindsey Barton, CRNP on 06/20/23 10:01 AM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.