

Auburn Montgomery Warhawk Health Services

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

Date: 08/15/23

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: headache, sore throat, and nasal congestion

HISTORY OF PRESENT ILLNESS: Mrs. Free is a 23 yo female here today for nasal congestion, headache, sore throat, body aches, and ear pressure since Saturday evening.

VITALS: BP: 130/95 **Pulse:** 100; **Temp:** 98.1; **Resp:** 16; **Ht:** 66.5 in.; **Wt:** 137.9 lbs.; **BMI:** 21.92; **Pulse Oximetry:** 98%

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 RediHaler 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.

Auburn Montgomery Warhawk Health Services

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

Date: 08/15/23

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

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

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

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Negative

Abbott COVID Rapid Test:
Value: Negative

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R51.9 - HEADACHE, UNSPECIFIED
Z87.09 - Personal history of other diseases of the respiratory system

PLAN:

Rx as per below. 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

Singulair 10 mg tablet
Refills: 1 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

Xyzal 5 mg tablet
Refills: 1 Qty: 90 TABLET(S)
Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

Electronically signed by Lindsey Barton, CRNP on 08/15/23 10:13 AM

Auburn Montgomery Warhawk Health Services

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

Date: 08/15/23

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

A handwritten signature in blue ink that reads "J. Barton, CNP". The signature is written in a cursive style with a large initial "J" and a stylized "B".