

Auburn Montgomery Warhawk Health Services

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

Date: 05/21/24

PATIENT: BOWEN, ALLISON **DOB:** 04/25/2005 **Gender:** FEMALE **MRN:** 1393 **AGE:** 19 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Asthma Flare Up

HISTORY OF PRESENT ILLNESS: 19 year old female presents to clinic with complaints of dry cough intermittently for 2 weeks, chest discomfort, and shortness of breath since Friday. She does have a history of asthma and has an appointment with a new PCP next week as she aged out of her pediatrician's office. She reports she ran out of the Advair and her albuterol inhaler is expired. She states her last flare up was in October 2023. She denies nighttime awakenings due to her asthma and denies decreased daily activities related to asthma.

VITALS: BP: 123/70 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 92; **Temp:** 98.2; **Resp:** 16; **Ht:** 69 in.; **Wt:** 218.5 lbs.;
BMI: 32.26; **Pulse Oximetry:** 98%; **FDLMP:** 05/01/24

GROWTH PERCENTILES:

Weight/Age: >97

Height/Age: 97

Weight/Height: N/A

BMI/Age: 96

Head Circumference/Age: N/A

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Advair Diskus 250 mcg-50 mcg/dose powder for inhalation (INHALE 1 PUFF BY INHALATION ROUTE 2 TIMES PER DAY APPROXIMATELY 12 HOURS APART AT THE SAME TIMES EACH DAY)
albuterol sulfate HFA 90 mcg/actuation aerosol inhaler (2 puffs every 4-6 hrs as needed)

PAST MEDICAL HISTORY: asthma

PAST SURGICAL HISTORY: dermoid cyst removed at age 2.

SOCIAL HISTORY: Lives with her parents. Attends school. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY: Mother- breast cancer diagnosed at age 50.

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.

Auburn Montgomery Warhawk Health Services

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

Date: 05/21/24

PATIENT: BOWEN, ALLISON **DOB:** 04/25/2005 **Gender:** FEMALE **MRN:** 1393 **AGE:** 19 Years

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.

ASSESSMENT:

J45.21 - Mild intermittent asthma with (acute) exacerbation (PRIMARY)

PLAN:

Rx as per below to treat for asthma flare up. Follow up with PCP as scheduled.

Advair Diskus 250 mcg-50 mcg/dose powder for inhalation

Refills: 2 Qty: 1 UNIT(S)

Instructions: INHALE 1 PUFF BY INHALATION ROUTE 2 TIMES PER DAY

albuterol sulfate HFA 90 mcg/actuation aerosol inhaler

Refills: 2 Qty: 1 UNIT(S)

Instructions: 2 PUFFS EVERY 4-6 HRS AS NEEDED for shortness of breath/wheezing. (Please disp 1 inhaler).

prednisone 20 mg tablet

Refills: 0 Qty: 6 TABLET(S)

Instructions: TAKE 1 TABLET (20 MG) BY ORAL ROUTE twice daily x 3 days.

Electronically signed by Lindsey Barton, CRNP on 05/21/24 4:58 PM

L Barton, CRNP