

Auburn Montgomery Warhawk Health Services

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

Date: 10/04/23

PATIENT: MORRIS, KENDRA **DOB:** 08/02/1978 **Gender:** FEMALE **MRN:** 1412 **AGE:** 45 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Nasal congestion, dry cough, clear runny nose x 1.5 weeks. Has been using zyrtec and flonase with no relief. Her doctor is tapering off her steroids for RA. She is on 2mg daily and has been for the past 1.5 months or so.

VITALS: BP: 121/77 **Pulse:** 79; **Temp:** 98.7; **Resp:** 16; **Ht:** 69 in.; **Wt:** 154.6 lbs.; **BMI:** 22.83; **Pulse Oximetry:** 98%

ALLERGIES: Biaxin; Cefzil; amoxicillin

MEDICATIONS:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension (1 puff each nostril daily)
Nurtec ODT 75 mg disintegrating tablet (once every other day)
Plaquenil 200 mg tablet (daily)
Simponi 50 mg/0.5 mL subcutaneous syringe (monthly)
Vitamin C 500 mg tablet (daily)
Vitamin D3 25 mcg (1,000 unit) capsule (daily)
Zyrtec 10 mg tablet (daily)
folic acid 1 mg tablet (daily)
gabapentin 300 mg capsule (BID)
methotrexate 2.5 mg tablet (weekly on Thursday)
prednisone 2.5 mg tablet (1 tablet daily)
topiramate 50 mg tablet (daily)
tramadol 50 mg tablet (Q4Hours PRN)

PAST MEDICAL HISTORY: RA, migraines and allergies. Takes prednisone for management of RA.

SOCIAL HISTORY: Married. AUM employee. 2 children. Denies smoking, drinking, or illicit drug use.

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.

ORDERS:

Depo-Medrol 40mg/ml (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)

PLAN:

She declined covid test. Given steroid shot in office. Rx as per below. Follow up as needed.

ciprofloxacin 500 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE EVERY 12 HOURS

Electronically signed by Lindsey Barton, CRNP on 10/04/23 2:35 PM

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