

Auburn Montgomery Warhawk Health Services

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

Date: 11/26/24

PATIENT: RHEA, MADOLYN **DOB:** 11/20/1979 **Gender:** FEMALE **MRN:** 1572 **AGE:** 45 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Bilateral ear pain (right worse than left) and head congestion for past 2 days

HISTORY OF PRESENT ILLNESS: Ms. Rhea is a 45 yo female here today for nasal congestion and clear runny nose x 2 weeks. She has been taking otc zyrtec and using a netty pot with no relief. She started having bilateral ear pain 2 days ago. She is getting on a plane Monday and is worried that she may have fluid on her ears. Denies fever or sore throat. She reports an occasional dry cough.

VITALS: BP: 150/80 **Pulse:** 74; **Temp:** 96.9; **Resp:** 17; **Ht:** 69 in.; **Wt:** 313.7 lbs.; **BMI:** 46.32; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension
Protonix 40 mg tablet,delayed release (1 tablet daily)
Zyrtec 10 mg tablet
intrauterine device (IUD)

PAST MEDICAL HISTORY: Seasonal allergies, anemia.

PAST SURGICAL HISTORY: Right knee surgery

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

FAMILY HISTORY: Father- HLD; paternal grandmother- ovarian cancer.

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.

PSYCHIATRIC: Appropriate mood and affect.

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ORDERS:

INFLUENZA Rapid Test (1 unit(s)): In-House Lab
COVID Rapid Testing (1 unit(s)): In-House Lab

RESULTS:

INFLUENZA Rapid Test:
Value: Negative
Comment: Flu A and Flu B negative.

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

J30.2 - Other seasonal allergic rhinitis (PRIMARY)
R09.81 - NASAL CONGESTION
J34.89 - OTHER SPECIFIED DISORD OF NOSE AND NASAL SINUSES

PLAN:

Rx as per below. Recommended she start with the medrol dose pack for seasonal allergic rhinitis, if symptoms persist or worsen she has an antibiotic to start while she is on vacation. She verbalized understanding.

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

amoxicillin 875 mg-potassium clavulanate 125 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

Electronically signed by Lindsey Barton, CRNP on 11/26/24 4:36 PM

L. Barton, DNP, CRNP