

Auburn Montgomery Warhawk Health Services

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

Date: 05/12/25

PATIENT: TAMAYO, LORINA **DOB:** 01/18/1982 **Gender:** FEMALE **MRN:** 1578 **AGE:** 43 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: dyspnea, chest congestion/ chest tightness, productive cough, sore throat, and slight body aches that started Thursday evening.

HISTORY OF PRESENT ILLNESS: Ms. Tamayo is a 43 yo female here today for the above complaints in addition to runny nose, congestion, and wheezing. She denies fever. Onset was Thursday.

VITALS: BP: 99/60 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 74; **Temp:** 98.4; **Resp:** 18; **Ht:** 62 in.; **Wt:** 149.9 lbs.;
BMI: 27.41; **Pulse Oximetry:** 96%; **FDLMP:** 04/24/25

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Claritin 10 mg tablet

Symbicort 80 mcg-4.5 mcg/actuation HFA aerosol inhaler (INHALE 2 PUFFS BY INHALATION ROUTE 2 TIMES PER DAY IN THE MORNING ANDEVENING (disp 1 inhaler).)

albuterol sulfate HFA 90 mcg/actuation aerosol inhaler

PAST MEDICAL HISTORY: Sinus infections, seasonal allergies, asthma, anemia, GERD.

PAST SURGICAL HISTORY: Fallopian tube unblocking, uterine fibroid removal.

SOCIAL HISTORY: Denies smoking, and illicit drug use, drinks occasionally

FAMILY HISTORY: Grandparent: Diabetes, hyperlipidemia and thyroid issues.

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 with occasional external, posterior wheezes but no 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:

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

RESULTS:

STREP A:
Value: Negative

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

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

J45.21 - Mild intermittent asthma with (acute) exacerbation (PRIMARY)
J01.90 - Acute sinusitis, unspecified
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R05.9 - COUGH, UNSPECIFIED
R09.89 - OTH SYMP&SIGNS INVOLVING THE CIRC&RESP SYSTEMS

PLAN:

Rx as per below. For asthma- recommended to restart symbicort for the next few weeks and with season changes to prevent asthma attacks. 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

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 05/12/25 12:57 PM

L. Barton, DNP, CRNP