

Auburn Montgomery Warhawk Health Services

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

Date: 10/20/23

PATIENT: TAMAYO, LORINA **DOB:** 01/18/1982 **Gender:** FEMALE **MRN:** 1578 **AGE:** 41 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: feels like something is stuck in her throat

HISTORY OF PRESENT ILLNESS: Ms. Tamayo is a 41 yo female here today for feeling like something is stuck in her throat for the past few days. She states she does not have any difficulty swallowing or breathing. She denies history of reflux in the past. She has not tried any otc meds for symptom relief. She denies abdominal pain, n/v. She is able to swallow foods and liquids. She states it feels like a grain of rice.

VITALS: BP: 103/68 **Pulse:** 75; **Temp:** 98.7; **Resp:** 16; **Ht:** 62.6 in.; **Wt:** 161.5 lbs.; **BMI:** 28.97; **Pulse Oximetry:** 97%; **FDLMP:** 10/09/23

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Claritin 10 mg tablet

Pataday Once Daily Relief 0.2 % eye drops (INSTILL 1 DROP INTO AFFECTED EYE(S) BY OPHTHALMIC ROUTE ONCE DAILY)

albuterol sulfate HFA 90 mcg/actuation aerosol inhaler

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

PAST SURGICAL HISTORY: Fallopian tube unblocking

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 without wheezes, rales, or rhonchi.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

MUSCULOSKELETAL: Normal range of movement x 4 extremities

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

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

PSYCHIATRIC: Appropriate mood and affect.

ASSESSMENT:

K21.9 - Gastro-esophageal reflux disease without esophagitis (PRIMARY)

PLAN:

Most likely related to GERD. Trial of pepcid BID. Also recommended peptobismol trial for a more immediate relief. She will try these meds. Follow up if no improvement or worsening symptoms. She verbalized understanding.

Pepcid 20 mg tablet

Refills: 0 Qty: 60 TABLET(S)

Instructions: TAKE 1 TABLET (20 MG) BY ORAL ROUTE 2 TIMES PER DAY

Electronically signed by Lindsey Barton, CRNP on 10/23/23 9:44 AM

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