

Auburn Montgomery Warhawk Health Services

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

Date: 12/09/24

PATIENT: RIGGINS, TAMERA **DOB:** 11/08/1965 **Gender:** FEMALE **MRN:** 409 **AGE:** 59 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: cough, nasal congestion

HISTORY OF PRESENT ILLNESS: Ms. Riggins is a 59 yo female here today for productive cough, nasal congestion, fatigue, chills, sore throat, and sneezing since Friday. She denies fever.

VITALS: BP: 125/85 **Pulse:** 116; **Temp:** 98.6; **Resp:** 16; **Ht:** 64 in.; **Wt:** 243 lbs.; **BMI:** 41.71; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

atorvastatin 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)
levothyroxine 25 mcg tablet (TAKE 1 TABLET (25 MCG) BY ORAL ROUTE ONCE DAILY)
metoprolol succinate ER 25 mg tablet, extended release 24 hr (TAKE 1 TABLET (25 MG) BY ORAL ROUTE ONCE DAILY)
ramipril 5 mg capsule (TAKE 1 CAPSULE (5 MG) BY ORAL ROUTE ONCE DAILY)
triamcinolone acetonide 0.1 % topical ointment (APPLY A THIN LAYER TO THE AFFECTED AREA(S) BY TOPICAL ROUTE 2 TIMES PER DAY)
valacyclovir 1 gram tablet (TAKE 1 TABLET (1,000 MG) BY ORAL ROUTE EVERY 12 HOURS)

PAST MEDICAL HISTORY: Tachycardia, diabetes--no medication, eczema, kidney stones; HTN, HLD, hypothyroidism, Vitamin D deficiency.

PCP- Dr. Kathy Lindsey

PAST SURGICAL HISTORY: hernia repair, breast reduction, left knee surgery

SOCIAL HISTORY: Exercises regularly; Does not use tobacco; Does not use recreational drugs; Consumes alcohol. Frequency: 3 times per year, Type: wine, mixed drinks

FAMILY HISTORY: Mother with history of: breast ca--deceased at age 44

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

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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.

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
Glucose (1 unit(s)): In-House Lab
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

STREP A:
Value: Negative

INFLUENZA Rapid Test:
Value: Negative

COVID Rapid Testing:
Value: Negative

Glucose:
Value: 120

Dexamethasone 4mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 4 milligram(s)
Administered By: Barton, Lindsey - CRNP

Depo-Medrol 40mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 40 milligram(s)
Administered By: Barton, Lindsey - CRNP

ASSESSMENT:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)
R09.81 - NASAL CONGESTION
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
E11.9 - TYPE 2 DIABETES MELLITUS WITHOUT COMPLICATIONS

PLAN:

Given steroid injection in office for nasal congestion and post nasal gtt. Rx as per below to treat symptoms. She has T2DM that is diet controlled. She was advised to watch her carb and sugar intake with the steroid injection. Follow up as needed.

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup
Refills: 0 Qty: 120 ML(S)

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Instructions: TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 4 HOURS as needed for cough/congestion

Electronically signed by Lindsey Barton, CRNP on 12/10/24 4:11 PM

L. Barton, DNP, CRNP