

Auburn Montgomery Warhawk Health Services

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

Date: 10/17/24

PATIENT: PHILLIPS, LEANNA MICHELE **DOB:** 03/28/1969 **Gender:** FEMALE **MRN:** 4995 **AGE:** 55 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: nasal congestion, cough, runny nose

HISTORY OF PRESENT ILLNESS: Ms. Phillips is a 55 yo female here today for clear runny nose, nasal congestion, cough, body aches, headache, and occasional shortness of breath since Monday. She denies fever or sore throat. She is suppose to visit her grand baby this week and wants to be checked for flu and covid.

VITALS: BP: 138/90 **Site:** RIGHT ARM **Position:** SITTING **Pulse:** 98; **Temp:** 97.9; **Resp:** 19; **Ht:** 63 in.; **Wt:** 247 lbs.;
BMI: 43.75; **Pulse Oximetry:** 97%

ALLERGIES: Penicillins ((Rash) or (C/O a rash))

MEDICATIONS:

albuterol sulfate HFA 90 mcg/actuation aerosol inhaler (INHALE 2 PUFFS (180 MCG) BY INHALATION ROUTE EVERY 4-6 HOURS AS NEEDED (FOR SOB/WHEEZING))
escitalopram 20 mg tablet (TAKE 1 TABLET BY MOUTH ONCE DAILY)
exemestane 25 mg tablet
famotidine 40 mg tablet (TAKE ONE TABLET BY MOUTH ONCE DAILY)
montelukast 10 mg tablet
spironolactone 50 mg tablet (TAKE 1 TABLET BY MOUTH ONCE DAILY)
trazodone 100 mg tablet (TAKE 1 TABLET BY MOUTH ONCE DAILY)

PAST MEDICAL HISTORY: Left breast cancer diagnosed in 2020 s/p bilateral mastectomy and radiation in Jan. 2021. Breast cancer involved 1 lymph node and it plus a few others were also removed. Implants placed in May 2023. She is followed by Dr. Strickland and the Cancer Center (Dr. Davidson). GERD, insomnia, allergies.

PAST SURGICAL HISTORY: Bilateral mastectomy Jan. 2021 w/ implants placed in May 2023. Total hysterectomy (2012), cholecystectomy (2003). Vein stripping right leg. Left ear tympanostomy.

SOCIAL HISTORY: Faculty in AUM SON. Drinks alcohol socially. Denies smoking or illicit drug use.

FAMILY HISTORY:

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.

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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.

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)
J34.89 - OTHER SPECIFIED DISORD OF NOSE AND NASAL SINUSES
R05.9 - COUGH, UNSPECIFIED
R51.9 - HEADACHE, UNSPECIFIED

PLAN:

Recommended she restart an otc antihistamine daily for symptomatic relief. She is on singulair. We discussed that having a URI in an adult can cause RSV in a young child. She verbalized understanding. Follow up as needed.

Of note, She does have allergies, but takes the singulair to help soften the breast tissue because her left breast implant is encapsulated. She sees Dr. Budny for this.

Electronically signed by Lindsey Barton, CRNP on 10/17/24 9:25 AM

L. Barton, DNP, CRNP