

Auburn Montgomery Warhawk Health Services

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

Date: 12/18/24

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: cough, sinus and nasal congestion, left ear fullness since 12/10/2024

HISTORY OF PRESENT ILLNESS: Ms. Phillips is a 55 yo female here today for cough, sinus drainage and nasal congestion and left ear fullness x 1 week. Denies fever.

Her PCP typically refills her singulair, but she has been out and requested a refill 2 weeks ago but it still has not been filled. She asked if we could refill today in the interim.

VITALS: BP: 138/78 **Site:** RIGHT ARM **Position:** SITTING **Pulse:** 90; **Temp:** 97.2; **Resp:** 18; **Ht:** 62.5 in.; **Wt:** 253.7 lbs.; **BMI:** 45.66; **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.

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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.

ASSESSMENT:

J01.90 - Acute sinusitis, unspecified (PRIMARY)

R05.9 - Cough, unspecified

J30.2 - Other seasonal allergic rhinitis

PLAN:

Rx as per below. Will treat for acute sinusitis. Follow up as needed.

montelukast 10 mg tablet

Refills: 0 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKET(S)

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup

Refills: 0 Qty: 120 ML(S)

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

Bactrim DS 800 mg-160 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 12/18/24 11:37 AM

L. Barton, DNP, CRNP