

Auburn Montgomery Warhawk Health Services

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

Date: 01/08/24

PATIENT: KODA, ALEXANDRA **DOB:** 07/10/1997 **Gender:** FEMALE **MRN:** 5212 **AGE:** 26 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sinus pressure, congestion, ears clogged up.

HISTORY OF PRESENT ILLNESS: Ms. Koda is a 26 yo female here today for a follow up from her visit last week. She is still having sinus drainage, pressure, congestion, and both her ears feel clogged up. Denies fever or cough. She has occasional sore throat at night. She has been taking otc cold and sinus medicine for the last week with some relief.

VITALS: BP: 144/90 **Pulse:** 90; **Temp:** 97.6; **Resp:** 16; **Ht:** 63 in.; **Wt:** 131.5 lbs.; **BMI:** 23.29; **Pulse Oximetry:** 99%;
FDLMP: 01/01/24

ALLERGIES: Penicillins

MEDICATIONS:

Tri-Sprintec (28) 0.18 mg(7)/0.215 mg(7)/0.25 mg(7)-35 mcg tablet

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Sinus surgery 2019

SOCIAL HISTORY: Reports smoking 1/2 ppd - cigarettes. Denies ETOH or illicit drug use

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- Left tympanic membrane is clear. Right TM has serous fluid present. 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

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:

THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection

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Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

Dexamethasone 4mg/ml:

Site Given: Right Ventragluteal

Dosage Given: 4 milligram(s)

Administered By: Bicknell, Miranda - RN

Depo-Medrol 40mg/ml:

Site Given: Right Ventragluteal

Dosage Given: 40 milligram(s)

Administered By: Bicknell, Miranda - RN

ASSESSMENT:

H65.01 - Acute serous otitis media, right ear (PRIMARY).

J30.2 - Other seasonal allergic rhinitis.

PLAN:

Continue otc sinus meds as needed. Restart zyrtec at night. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 01/08/24 11:12 AM

L Barton, CRNP