

Auburn Montgomery Warhawk Health Services

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

Date: 05/31/24

PATIENT: TYLER, AQUANETTA **DOB:** 06/25/1993 **Gender:** FEMALE **MRN:** 5330 **AGE:** 30 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: ear fullness and itchy throat for 4 days. This has been an off and on issue since November of 2023.

HISTORY OF PRESENT ILLNESS: Mrs. Tyler is a 30 yo female here today for left ear fullness and muffled hearing associated with itchy throat for the past 4 days. She has been taking otc zyrtec daily.

Of note, she had ear issues and sore throat in November 2023 and was diagnosed and treated for strep. Similar symptoms in Feb 2024 and treated for acute serous otitis media and again in April and was diagnosed and treated for the flu.

She reports she has an appt to establish care with a PCP on July 23rd w/ Dr. Akanccha Khadka from Baptist.

VITALS: BP: 126/82 **Pulse:** 83; **Temp:** 96.5; **Resp:** 17; **Ht:** 65 in.; **Wt:** 219 lbs.; **BMI:** 36.44; **Pulse Oximetry:** 98%;
FDLMP: 05/05/24

ALLERGIES: Penicillin (substance) ((Urticaria NOS) or (hives))

MEDICATIONS:

Syeda 3 mg-0.03 mg tablet
Zyrtec 10 mg tablet (daily)
folic acid 1 mg tablet (daily)
metformin 500 mg tablet (twice daily)

PAST MEDICAL HISTORY: PCOS, GAD, seasonal allergies.

PAST SURGICAL HISTORY: tonsillectomy

SOCIAL HISTORY: AUM Employee. 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 w/ small amount of serous fluid visible in left TM. 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
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

STREP A:
Value: Negative

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:

H65.02 - Acute serous otitis media, left ear (PRIMARY)
J30.2 - Other seasonal allergic rhinitis
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

Given steroid shot in office. Recommended she change from zyrtec to xyzal to see if that helps more. Add flonase. Consider ENT referral if she continues to have symptoms. She verbalized understanding.

Electronically signed by Lindsey Barton, CRNP on 05/31/24 2:43 PM

L. Barton, DNP, CRNP