

Auburn Montgomery Warhawk Health Services

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

Date: 12/18/24

PATIENT: CALDWELL, DESTYNE **DOB:** 01/13/1995 **Gender:** FEMALE **MRN:** 5346 **AGE:** 29 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: cough, dyspnea, sore throat

HISTORY OF PRESENT ILLNESS: Mrs. Caldwell is a 29 yo female here today for cough, sore throat, runny nose, and congestion since last Tuesday. She states she had fever of 102 for 4 days last week. She went to urgent care on Wednesday and tested negative for covid and flu. They treated her with steroid injections and a z-pack. She completed the abx but is no better. She continues to report the above symptoms. She returned to work today and reports SOB w/ exertion and a crackling noise/feeling in her chest.

VITALS: BP: 138/92 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 93; **Temp:** 97.5; **Resp:** 19; **Ht:** 67 in.; **Wt:** 254.8 lbs.;
BMI: 39.9; **Pulse Oximetry:** 98%; **FDLMP:** 12/01/24

ALLERGIES: Demerol; Dilaudid; Percocet

PAST MEDICAL HISTORY: anxiety, Depression; low back pain

PAST SURGICAL HISTORY: Laparotomy;

SOCIAL HISTORY: Married. Employee at AUM. Does not use tobacco; Does not use recreational drugs; Does not use alcohol;

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

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
R06.09 - Other forms of dyspnea

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PLAN:

Rx as per below. Will treat for acute sinusitis and given referral for CXR to r/o any underlying pathology such as pneumonia. Follow up as needed.

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 UNIT(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 6-8 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

Referral: EMIC, East Montgomery Imaging Center (Radiology)

Instructions: Referral for CXR given to patient.

Electronically signed by Lindsey Barton, CRNP on 12/18/24 3:12 PM

L. Barton, DNP, CRNP