

Auburn Montgomery Warhawk Health Services

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

Date: 01/09/25

PATIENT: ROY, BARBARA **DOB:** 08/27/1958 **Gender:** FEMALE **MRN:** 5384 **AGE:** 66 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: runny nose, nasal drainage, watery eyes for over a week.

HISTORY OF PRESENT ILLNESS: Ms. Roy is a 66 yo female here today for clear runny nose with occasional green drainage, congestion, occasional cough, and watery eyes for 1 week. She has been taking zyrtec otc and it has helped but yesterday, her symptoms got a little worse. Denies fever, body aches, or chills. She states every year around this time she has allergy symptoms.

VITALS: BP: 133/77 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 72; **Temp:** 96.5; **Resp:** 16; **Ht:** 62 in.; **Wt:** 152.9 lbs.;
BMI: 27.96

ALLERGIES: Codeine (product); Penicillin (substance)

PAST MEDICAL HISTORY: Diverticulosis

PAST SURGICAL HISTORY: Hysterectomy, appendectomy

SOCIAL HISTORY: Drinks alcohol socially, Denies smoking or illicit drug use.

FAMILY HISTORY:

HEALTH MX HISTORY:

Colonoscopy < 10 years ago. Reportedly normal.

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.

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ASSESSMENT:

J30.2 - Other seasonal allergic rhinitis (PRIMARY)
R05.9 - Cough, unspecified

PLAN:

Given 4 tablet samples of Deconex in office to take every 4-6 hrs as needed for sinus drainage/congestion. Rx as per below. She can continue the zyrtec once daily as well. 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

Electronically signed by Lindsey Barton, CRNP on 01/09/25 9:27 AM

L. Barton, DNP, CRNP