

Auburn Montgomery Warhawk Health Services

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

Date: 03/03/25

PATIENT: BELL, CHELSEA **DOB:** 10/10/1989 **Gender:** FEMALE **MRN:** 5414 **AGE:** 35 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: left ear pain and sore throat

HISTORY OF PRESENT ILLNESS: Ms. Bell is a 35 yo female here today for left ear pain, sore throat, and fatigue for the past 3 days. She denies runny nose, congestion, or fever. She takes allegra daily for allergies.

She also c/o intermittent lower abdominal cramping since this morning. Her last BM was this morning but she had to strain. She denies blood in her stool but does report occasional hemorrhoids at times she her pregnancies. She denies nausea, vomiting, diarrhea or fever. She had a uterine ablation and feels like she started her cycle yesterday as well.

VITALS: BP: 103/59 **Pulse:** 82; **Temp:** 98; **Resp:** 16; **Ht:** 63 in.; **Wt:** 159.1 lbs.; **BMI:** 28.18; **Pulse Oximetry:** 98%;
FDLMP: 03/02/25

ALLERGIES: azithromycin (C/O - nausea)

MEDICATIONS:

citalopram 20 mg tablet
solifenacin 5 mg tablet

PAST MEDICAL HISTORY: GAD, overactive bladder.

PAST SURGICAL HISTORY: uterine ablation, Lasik eye surgery 2020.

SOCIAL HISTORY: Married. Works on campus. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY:

HEALTH MX HISTORY:

PCP- Vernisha Hill-Graham

GYN- Dr. Phillips

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- Right tympanic membrane is clear. Left TM w/ small amount of serous fluid. 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.

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GASTROINTESTINAL: Abdomen is soft; + RLQ and LLQ tenderness. Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted. No CVA tenderness.

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:

STREP A (1 unit(s)): In-House Lab
UA (1 unit(s)): In-House Lab
INFLUENZA Rapid Test (1 unit(s)): In-House Lab
COVID Rapid Testing (1 unit(s)): In-House Lab

RESULTS:

UA:
 Appearance: clear
 Color: yellow
 Glucose: Negative
 Bill: Negative
 Ketones: Negative
 Sp: 1.015
 Blood: Negative
 pH: 6.5
 Protein: Negative
 Urobilinogen: Negative
 Nitrites: Negative
 Leukocytes: Negative
 CS: No

STREP A:
 Value: Negative

INFLUENZA Rapid Test:
 Value: Negative

COVID Rapid Testing:
 Value: Negative

ASSESSMENT:

R10.30 - LOWER ABDOMINAL PAIN, UNSPECIFIED (PRIMARY)
K59.00 - Constipation, unspecified
H65.02 - ACUTE SEROUS OTITIS MEDIA, LEFT EAR
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

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Recommended to continue otc antihistamine and add flonase for serous OM.

For abdominal pain, most likely related to constipation. Recommended otc stool softener such as colace or miralax.
If she has a BM and still has pain, then follow up in clinic.

Electronically signed by Lindsey Barton, CRNP on 03/03/25 4:44 PM

L. Barton, DNP, CRNP