

Auburn Montgomery Warhawk Health Services

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

Date: 04/22/25

PATIENT: BRADFORD, CHRISTINA **DOB:** 06/01/1985 **Gender:** FEMALE **MRN:** 5664 **AGE:** 39 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Headache for couple of weeks

HISTORY OF PRESENT ILLNESS: Ms. Bradford is a 39 yo female here today for a headache that feels like a rubber band on her head that has been on going for the past 2 weeks. Associated with intermittent nausea and pain radiating down her neck. She rates her pain "6-7/10". She has tried zofran, advil migraine, tension headache migraine relief meds etc, and tylenol with no relief. She has a history of cluster headaches, migraines, and tension headaches in the past. She denies fever, blurred vision, light or sound sensitivity. She states she wouldn't call it a migraine but more of a tension type headache.

VITALS: BP: 132/86 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 70; **Temp:** 97.7; **Resp:** 16; **Ht:** 66.5 in.; **Wt:** 251.1 lbs.; **BMI:** 39.92; **Pulse Oximetry:** 97%

ALLERGIES: Penicillin

PAST MEDICAL HISTORY: tension headaches, cluster headaches, migraine headaches. Spondylarthritis. Obesity. Currently enrolled in a trial for a GLP-1 weight loss medication called Cagrisema 0.25mg qweek.

PAST SURGICAL HISTORY: Appendectomy, cancerous femur, partial hysterectomy, ovarian cyst,

SOCIAL HISTORY: Married with 3 children. Works in OGI on campus. Denies smoking, drinking, 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. No nystagmus. 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.

ORDERS:

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Depo-Medrol 40mg/ml (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Toradol 60 MG (1 unit(s)): Injection
THERAPEUTIC INJECTION ADMIN (2 unit(s)): Injection

ASSESSMENT:

G44.209 - TENSION-TYPE HEADACHE UNSPECIFIED NOT INTRACT (PRIMARY)
R11.0 - Nausea
M47.819 - Spondylosis without myelopathy or radiculopathy, site unspecified

PLAN:

Given steroid and toradol injections in office for treatment of tension-type headache in addition to RX as per below.
Follow up as needed or if no improvement or worsening symptoms.

ketorolac 10 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE EVERY 6 HOURS AS NEEDED FOR UP TO 5 DAYS
TOTAL USE

methocarbamol 750 mg tablet
Refills: 0 Qty: 15 TABLET(S)
Instructions: TAKE 1 TABLET (750 MG) BY ORAL ROUTE at bedtime for neck spasms

Electronically signed by Lindsey Barton, CRNP on 04/23/25 1:14 PM

L. Barton, DNP, CRNP