

Auburn Montgomery Warhawk Health Services

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

Date: 06/17/25

PATIENT: YOUNG, BELINDA **DOB:** 09/28/1959 **Gender:** FEMALE **MRN:** 1020 **AGE:** 65 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sore throat, productive cough, head congestion present since Saturday with exposure to COVID 19

HISTORY OF PRESENT ILLNESS: Mrs. Young is a 65 yo female here today for sore throat, nasal congestion, and productive cough since Saturday. She denies fever. Her husband tested positive for COVID last Thursday. She has been taking otc nyquil at night and a daytime medication for the day.

VITALS: BP: 139/90 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 110; **Temp:** 98.5; **Resp:** 17; **Ht:** 61.5 in.; **Wt:** 178.4 lbs.; **BMI:** 33.16; **Pulse Oximetry:** 97%

ALLERGIES: Bromfed DM ((Palpitations) or (awareness of heartbeat) or (fluttering of heart))

MEDICATIONS:

Vitamin D2 1,250 mcg (50,000 unit) capsule (1 capsule po weekly)
cetirizine 10 mg tablet (1 tablet by mouth daily)
vitamin E 100 unit capsule (1 tablet by mouth daily)

PAST MEDICAL HISTORY: Hay Fever/Allergies; Headache; mumps, pregnancy, chicken pox

PAST SURGICAL HISTORY: Wisdom teeth

SOCIAL HISTORY: Married. Works on campus. Does not use alcohol; Does not use recreational drugs; Does not use tobacco;

FAMILY HISTORY: Son- deceased at age 30 was murdered. Mother with history of: diabetes and HTN; Father with history of: HTN, stroke--deceased at age 60; Brother with history of: diabetes, HTN; Maternal Grandfather with history of: diabetes--deceased; Maternal Grandmother with history of: diabetes, HTN, Liver Ca--deceased; Paternal Grandmother with history of: diabetes, HTN

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.

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

RESULTS:

STREP A:
Value: Negative

INFLUENZA Rapid Test:
Value: Negative
Comment: Flu A and B negative.

COVID Rapid Testing:
Value: Positive

ASSESSMENT:

U07.1 - COVID-19 (PRIMARY)
R05.9 - COUGH, UNSPECIFIED
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

Recommended to continue symptomatic treatment with otc meds of her choice. She can return to work when she feels like she is able to go. She has not had a fever and symptoms are beginning to improve. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 06/17/25 3:29 PM

L. Barton, DNP, CRNP