

Auburn Montgomery Warhawk Health Services

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

Date: 07/17/23

PATIENT: YOUNG, BELINDA **DOB:** 09/28/1959 **Gender:** FEMALE **MRN:** 1020 **AGE:** 63 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Upper Respiratory symptoms

HISTORY OF PRESENT ILLNESS: Mrs. Young presents to the clinic with complaints of sore throat, fever, body aches, runny stuffy nose since Friday. She reports her husband was recently diagnosed with COVID. She denies SOB or CP.

VITALS: BP: 129/80 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 88; **Temp:** 99.3; **Resp:** 16; **Ht:** 61.5 in.; **Wt:** 176.4 lbs.; **BMI:** 32.79; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Vitamin D2 1,250 mcg (50,000 unit) capsule (1 capsule po weekly)
cetirizine 10 mg tablet (1 tablet by mouth daily)
omeprazole 20 mg capsule, delayed release (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

FAMILY HISTORY: 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; 2+ DP and PT pulses bilaterally

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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ORDERS:

STREP A (1 unit(s)): In-House Lab
Abbott COVID Rapid Test (1 unit(s)): In-House Lab

RESULTS:

STREP A:
Value: Negative

Abbott COVID Rapid Test:
Value: Positive

ASSESSMENT:

U07.1 - COVID-19 (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R50.9 - FEVER, UNSPECIFIED
R52 - PAIN, UNSPECIFIED
R09.81 - NASAL CONGESTION

PLAN:

Patient was handed COVID treatment instructions. Offered Benzonatate and nasal spray patient declined. Offered Plavix as well. Follow up if symptoms are worsening or not improving. ER precautions explained. Patient verbalized understanding.

Electronically signed by Robin Blackwell, CRNP on 07/17/23 10:10 AM

Robin Blackwell CNP