

Auburn Montgomery Warhawk Health Services

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

Date: 11/03/23

PATIENT: YOUNG, BELINDA **DOB:** 09/28/1959 **Gender:** FEMALE **MRN:** 1020 **AGE:** 64 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: head cold

HISTORY OF PRESENT ILLNESS: Ms. Young is a 64 yo female here today for a head cold. She states the onset of symptoms was Monday. She c/o clear runny nose, sore throat, ears feeling stopped up, and occasional cough. Denies fever. She has tried otc nyquil last night and prior to that she was taking zyrtec daily.

VITALS: BP: 138/89 **Pulse:** 91; **Temp:** 97.3; **Resp:** 16; **Ht:** 61.5 in.; **Wt:** 175.6 lbs.; **BMI:** 32.64; **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)
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. 1 palpable anterior lymph node on left side otherwise 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.

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PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

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

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Negative

Abbott COVID Rapid Test:
Value: Negative

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R09.89 - OTH SYMP&SIGNS INVOLVING THE CIRC&RESP SYSTEMS

PLAN:

Recommend otc tylenol cold and sinus or she can take dayquil/nyquil for symptomatic relief. Reassured her it typically runs its course in 7-10 days. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 11/03/23 11:29 AM



J. Barton, CRNP