

Auburn Montgomery Warhawk Health Services

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

Date: 11/06/24

PATIENT: REYNOLDS, TAMEKIA **DOB:** 10/04/1983 **Gender:** FEMALE **MRN:** 1102 **AGE:** 41 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: runny nose, sore throat, headache, nasal congestion, fatigue/weakness, and dry cough since yesterday morning.

HISTORY OF PRESENT ILLNESS: Ms. Reynolds is a 41 yo female here today for runny nose, headache, sore throat, fatigue, and dry cough since yesterday. Denies fever.

VITALS: BP: 151/83 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 90; **Temp:** 98.8; **Resp:** 17; **Ht:** 65.5 in.; **Wt:** 202.6 lbs.; **BMI:** 33.2; **Pulse Oximetry:** 99%

ALLERGIES: Penicillins ((Rash) or (C/O a rash))

MEDICATIONS:

Mirena 21 mcg/24 hr (up to 8 years) 52 mg intrauterine device

PAST MEDICAL HISTORY: sinusitis

PAST SURGICAL HISTORY: none

SOCIAL HISTORY: Works on campus in the police department. Drinks alcohol socially. Denies smoking or illicit drug use.

FAMILY HISTORY: None identified

HEALTH MX HISTORY:

Mirena IUD, pap smear- November 2021- reportedly normal.

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.

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:

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: Positive
Comment: Flu A positive

Flu B negative.

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

J10.1 - Influenza due to other identified influenza virus with other respiratory manifestations (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R05.9 - COUGH, UNSPECIFIED
R51.9 - HEADACHE, UNSPECIFIED

PLAN:

Rx as per below. Increase water intake. Tylenol or ibuprofen as needed for pain/fever otc as directed on bottle.
Quarantine at home until no fever for 24 hrs and symptoms are improving to prevent spread. Follow up as needed.

Xofluza 80 mg tablet
Refills: 0 Qty: 1 TABLET(S)
Instructions: TAKE 1 TABLET (80 MG) BY ORAL ROUTE ONCE for the flu

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup
Refills: 0 Qty: 120 ML(S)
Instructions: TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 4 HOURS as needed for cough/congestion

Electronically signed by Lindsey Barton, CRNP on 11/09/24 12:00 PM

L. Barton, DNP, CRNP