

Auburn Montgomery Student Health Services

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

Date: 10/12/20

PATIENT: WALKER, SARI-JAI **DOB:** 04/28/1994 **Gender:** FEMALE **MRN:** 1333 **AGE:** 26 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Exposure to COVID.

HISTORY OF PRESENT ILLNESS: Had some friends over October 3 and 4th. She was told last Tuesday that person tested positive for COVID. She herself has been self isolating since she has become aware. The person who tested positive for COVID was at her house all weekend. She started to have symptoms of a HA, fatigue, and sore throat on Saturday. Unable to get rid of the HA. She also reports nasal congestion, clear sinus drainage, and watery eyes. Denies cough, fever, chills, SOB, loss of taste/smell, N/V/D. She reports she does have a history of seasonal allergies. She has not tried any OTC meds at this time.

VITALS: BP: 120/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 75; **Temp:** 97.9; **Resp:** 14; **Ht:** 67.7 in.; **Wt:** 219.8 lbs.; **BMI:** 33.71; **Pulse Oximetry:** 97%; **FDLMP:** 09/15/20

ALLERGIES: ibuprofen

MEDICATIONS:

Sprintec (28) 0.25 mg-35 mcg tablet

PAST MEDICAL HISTORY: Herpes, pregnancy and PCOS. No taking medication for PCOS>

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Has never experienced abuse, heterosexual on BCPS. Does drink alcohol, but does not use recreational drugs or tobacco. No declines in ADLs.

FAMILY HISTORY: Sister has a history of breast cancer, and other cancer. MGM has a history of diabetes, heart disease, high cholesterol, HTN, stroke and sudden cardiac arrest.

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- erythematous 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.

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PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

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

RESULTS:

STREP A:
Value: Negative

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS (PRIMARY)
J30.2 - Other seasonal allergic rhinitis
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R51.9 - Headache, unspecified
R53.83 - Other fatigue

PLAN:

Strep and rapid COVID negative.
Will send out PCR to Core for confirmation.
Continue to self-isolate for 14 days from date of exposure.
Recommended otc zyrtec and flonase for allergy type symptoms.
Follow up if no improvement or worsening symptoms.

Electronically signed by Lindsey Barton, CRNP on 10/12/20 9:41 AM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.