

Auburn Montgomery Student Health Services

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

Date: 02/03/21

PATIENT: DEL ROSARIO, ALAINA **DOB:** 05/24/1993 **Gender:** FEMALE **MRN:** 1498 **AGE:** 27 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: COVID symptoms

HISTORY OF PRESENT ILLNESS: Developed congestion, clear runny nose, productive cough, and a scratchy throat on Sunday. Today noticed she was not able to taste her food at lunch and then with a snack. Had a HA recently but not today. Denies fever, loss of smell, or n/v/d. She has a 2 month old infant at home and is breastfeeding.

VITALS: BP: 130/92 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 94; **Temp:** 97.2; **Resp:** 12; **Ht:** 66 in.; **Wt:** 200.6 lbs.;
BMI: 32.37; **Pulse Oximetry:** 97%; **FDLMP:** 01/18/21

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Prenatal Multivitamins 28 mg iron-800 mcg tablet
Vitamin D3 50 mcg (2,000 unit) tablet

PAST MEDICAL HISTORY: 1 pregnancy, sinus infections, strep, mono, pneumonia, heart murmur, UTI PCOS

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Denies using alcohol, tobacco or recreational drugs. Is married.

FAMILY HISTORY: Grandparent with history of diabetes and heart disease, Father has high cholesterol.

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.

ORDERS:

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

RESULTS:

INFLUENZA:
Value: Positive
Comment: Flu A+

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS (PRIMARY)
J10.1 - Influenza due to other identified influenza virus with other respiratory manifestations
R09.81 - NASAL CONGESTION

PLAN:

She is out of the 48 hr window for tamiflu since her symptoms started on Sunday. Recommended tylenol or motrin as needed for pain or fever. OTC antihistamine for symptomatic relief. She can continue to breast feed her child as this can provide the child some immunity. She was instructed to contact the child's pediatrician as she reports her child has some congestion as well. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 02/03/21 4:58 PM

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