

Auburn Montgomery Warhawk Health Services

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

Date: 11/22/22

PATIENT: DEL ROSARIO, ALAINA **DOB:** 05/24/1993 **Gender:** FEMALE **MRN:** 1498 **AGE:** 29 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: nasal congestion, cough, headache

HISTORY OF PRESENT ILLNESS: Mrs. Del Rosario is a 29 yo female here today for clear sinus drainage, cough, sore throat, headache, and nasal congestion since Saturday. Denies fever. She has taken dayquil otc with little relief.

Of note she is 4 months postpartum and breastfeeding.

VITALS: BP: 130/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 75; **Temp:** 97.7; **Resp:** 16; **Ht:** 67 in.; **Wt:** 204.3 lbs.;
BMI: 31.99; **Pulse Oximetry:** 98%

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: sinus infections, strep, mono, pneumonia, heart murmur, UTI PCOS

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Denies using alcohol, tobacco or recreational drugs. Is married w/ 2 children

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

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
INFLUENZA (1 unit(s)): In-House Lab
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Negative

Abbott COVID Rapid Test:
Value: Negative

Depo-Medrol 40mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 40 milligram(s)
Administered By: Barton, Lindsey - CRNP

Dexamethasone 4mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 4 milligram(s)
Administered By: Barton, Lindsey - CRNP

ASSESSMENT:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)
R09.81 - NASAL CONGESTION
R05.9 - COUGH, UNSPECIFIED
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

Ms. Del Rosario agrees to steroid shot to help with congestion. I informed her it could dry up her breast milk some temporarily. She is aware and remains agreeable. Continue otc claritin or dayquil. No meds with pseudoephedrine. Rx given if no improvement by Friday due to the holiday closing of the clinic. She verbalized understanding.

amoxicillin 875 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET (875 MG) BY ORAL ROUTE EVERY 12 HOURS

Electronically signed by Lindsey Barton, CRNP on 11/22/22 10:36 AM

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A handwritten signature in blue ink that reads "J. Barton, CNP". The signature is written in a cursive style with a large initial "J" and a stylized "B".