

Auburn Montgomery Student Health Services

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

Date: 02/03/21

PATIENT: KNIGGE, PIA **DOB:** 10/30/1963 **Gender:** FEMALE **MRN:** 1499 **AGE:** 57 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Congestion

HISTORY OF PRESENT ILLNESS: Yesterday became very fatigued and went to bed early. Today it has felt like she has had a head cold with congestion and HA. No known fever or body aches. Did take a flu shot this year. Had a sore throat earlier today that has resolved. Denies cough, sob, loss of taste/smell, or n/v/d.

VITALS: BP: 124/78 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 74; **Temp:** 98.1; **Resp:** 14; **Ht:** 68 in.; **Wt:** 181.9 lbs.;
BMI: 27.65; **Pulse Oximetry:** 96%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Cymbalta 60 mg capsule, delayed release
Zyrtec 10 mg capsule
atorvastatin 20 mg tablet

PAST MEDICAL HISTORY: Seasonal allergies, high cholesterol, heart murmur, herpes, depression.

PAST SURGICAL HISTORY: Tonsil and adenoids, appendectomy, C-section and ACL

SOCIAL HISTORY: Quit smoking in 2000, drinks red wine 2-4 times a week. Lives off campus alone. Heterosexual

FAMILY HISTORY: Father=diabetes, heart disease and high cholesterol

Mother=Stroke, Thyroid issues and depression

Sister=thyroid and depression

Grandparents with history of diabetes, heart disease, stroke, high cholesterol, Colon cancer, depression.

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.

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PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

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

RESULTS:

INFLUENZA:
Value: A+ Positive

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
B00.9 - Herpesviral infection, unspecified
R51.9 - Headache, unspecified
R09.81 - Nasal congestion

PLAN:

Xofluza 40 mg tablet
Refills: 0 Qty: 2 TABLET(S)
Instructions: TAKE 2 TABLETS (80 MG) BY ORAL ROUTE ONCE for the flu

Duraflu 60 mg-20 mg-200 mg-325 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: 1 tablet PO every 6 hrs as needed for flu like symptoms

valacyclovir 500 mg tablet
Refills: 1 Qty: 6 TABLET(S)
Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE twice daily for 3 days

Tylenol or motrin as needed for fever or pain. Note duraflu does have low dose tylenol in it.

Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 02/03/21 4:39 PM

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

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