

Auburn Montgomery Warhawk Health Services

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

Date: 05/08/25

PATIENT: CANTRELL, CHRISTOPHER **DOB:** 09/28/1993 **Gender:** MALE **MRN:** 1573 **AGE:** 31 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sore throat, nasal congestion, facial pressure, cough, and headache that started yesterday

HISTORY OF PRESENT ILLNESS: Mr. Cantrell is a 31 yo male here today for sore throat, cough, nasal congestion, sinus pressure, hoarse voice and headache that started yesterday. Denies fever. He was seen 3 days ago with serous OM and given a steroid shot. He states he his ear is better.

VITALS: BP: 154/99 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 75; **Temp:** 96.8; **Resp:** 17; **Ht:** 69.75 in.; **Wt:** 274.1 lbs.; **BMI:** 39.61; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Fish Oil 1,000 mg (120 mg-180 mg) capsule (otc daily)
atorvastatin 10 mg tablet (daily)
losartan 50 mg tablet (1 tablet PO once daily)

PAST MEDICAL HISTORY: HTN, HLD, GAD, kidney stones, broke left ankle June 2023.

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Married w/ children. Works at AUM. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY: HTN- Mother and grandparent.

HEALTH MX HISTORY:

PCP- Dr. Rocky Lyons

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.

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NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

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: Negative
Comment: Flu A and B negative.

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R51.9 - HEADACHE, UNSPECIFIED
R05.9 - COUGH, UNSPECIFIED
I10 - Essential (primary) hypertension

PLAN:

Recommended otc cold and sinus meds for symptomatic relief. Recheck BP was 151/98. He takes his BP med at night and reports his last dose was last night. Recommend that he keep a log of his BP and follow up with his PCP if it continues to run 140s/90s or higher. He verbalized understanding. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 05/08/25 11:57 AM

L. Barton, DNP, CRNP