

Auburn Montgomery Warhawk Health Services

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

Date: 11/01/24

PATIENT: GILES, MEONKA **DOB:** 04/19/1991 **Gender:** FEMALE **MRN:** 1581 **AGE:** 33 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sick visit

Symptoms: sinus pressure/pain, headache, productive cough and congestion

Duration: 2 days

Other: denies: body aches, chills, sore throat

I have reviewed and verified, or revised as necessary, the chief complaint and history of present illness information entered by the ancillary staff.

VITALS: BP: 132/89 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 86; **Temp:** 97.4; **Resp:** 17; **Ht:** 66 in.; **Wt:** 253.8 lbs.;
BMI: 40.96; **Pulse Oximetry:** 98%; **FDLMP:** 10/29/24

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: C-section 2019

SOCIAL HISTORY: Works on campus. Drinks alcohol socially. Denies smoking or illicit drug use.

FAMILY HISTORY:

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.

ORDERS:

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

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

RESULTS:

INFLUENZA Rapid Test:

Value: Negative

Comment: Flu A and B negative

COVID Rapid Testing:

Value: Negative

Dexamethasone 4mg/ml:

Site Given: Right Ventragluteal

Dosage Given: 4 milligram(s)

Administered By: Barton, Lindsey - CRNP

Depo-Medrol 40mg/ml:

Site Given: Right Ventragluteal

Dosage Given: 40 milligram(s)

Administered By: Barton, Lindsey - CRNP

ASSESSMENT:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)

R05.9 - COUGH, UNSPECIFIED

R09.81 - NASAL CONGESTION

R09.89 - OTH SYMP&SIGNS INVOLVING THE CIRC&RESP SYSTEMS

PLAN:

Recommended otc meds for symptomatic relief such as tylenol cold and sinus or similar. Increase fluid intake for hydration. Rest. Symptoms should resolve in 7-10 days. She was given a steroid injection for nasal congestion as requested. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 11/01/24 2:20 PM

L. Barton, DNP, CRNP