

Auburn Montgomery Warhawk Health Services

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

Date: 02/22/24

PATIENT: JONES-PICUMBE, RACHEL **DOB:** 07/29/1981 **Gender:** FEMALE **MRN:** 1621 **AGE:** 42 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Patient presents to clinic with c/o throat pain, mucus in throat, runny nose and mild nausea x 3 days. Patient reports her daughter was positive for strep over the weekend and its possible she caught it from her. Patient reports she is schedule for cervical discectomy in 10 days and she is concerned she will be sick and not be able to follow through with that surgery.

VITALS: BP: 115/67 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 92; **Temp:** 97.2; **Resp:** 18; **Ht:** 62 in.; **Wt:** 99.9 lbs.;
BMI: 18.27; **Pulse Oximetry:** 98%

ALLERGIES: Vancomycin (substance); coriander

PAST SURGICAL HISTORY: Laser eye surgery, wisdom tooth extraction.

PAST MEDICAL HISTORY: Depression; Chronic pain syndrome.

SOCIAL HISTORY: Does not use tobacco; Does not use recreational drugs; Reports occasional alcohol use.

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

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- mild redness 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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

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:

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

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

STREP A (1 unit(s)): In-House Lab

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ASSESSMENT:

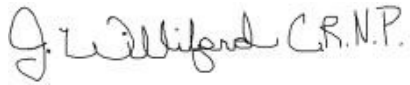
J00 - Acute nasopharyngitis [common cold] (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R52 - PAIN, UNSPECIFIED
R09.89 - OTH SYMP&SIGNS INVOLVING THE CIRC&RESP SYSTEMS
Z20.822 - CONTACT WITH AND (SUSPECTED) EXPOSURE TO COVID-19

PLAN:

azelastine 137 mcg (0.1 %) nasal spray aerosol
Refills: 0 Qty: 1 UNIT(S)
Instructions: SPRAY 2 SPRAYS (274 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE 2 TIMES PER DAY

Advised patient of negative test results. Patient instructed to take OTC zyrtec, i will send nasal spray for symptom control. She can use warm salt water gargles and throat lozenges for comfort. Patient advised to return to clinic if symptoms not improved in 3-5 days, sooner if symptoms worsen or if new symptoms begin. patient verbalized understanding and agreement to this plan.

Electronically signed by Joyce Williford, CRNP on 02/22/24 9:47 AM

Handwritten signature of J. Williford CRNP in black ink.