

Auburn Montgomery Warhawk Health Services

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

Date: 04/06/23

PATIENT: WASHINGTON, MARCUS **DOB:** 08/15/1984 **Gender:** MALE **MRN:** 1680 **AGE:** 38 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: facial sinus pressure and nasal congestion since last night. Denies sore throat, cough, N/V/D, shortness of breath, body aches/headache, fever, ear pain/discomfort.

HISTORY OF PRESENT ILLNESS: He started taking sudafed this morning with some relief.

VITALS: BP: 154/95 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 76; **Ht:** 71 in.; **Wt:** 400.3 lbs.; **BMI:** 55.82

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: Seasonal allergies, hypertension, heart murmur, hemorrhoids, migraines, sleep apnea

PAST SURGICAL HISTORY: wisdom teeth extraction

SOCIAL HISTORY: Drinks occasionally, denies smoking and illicit drug use

FAMILY HISTORY: Mother: Diabetes, HTN; stomach cancer; Father: HTN

HEALTH MX HISTORY:

PCP: Dr. Robinson

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; + bilateral maxillary and 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:

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

RESULTS:

Abbott COVID Rapid Test:
Value: Negative

ASSESSMENT:

J30.9 - Allergic rhinitis, unspecified (PRIMARY)
R09.81 - NASAL CONGESTION

PLAN:

Recommended otc antihistamine such as xyzal at bedtime and flonase for congestion. Ok to continue sudafed prn.

Regarding HTN- his PCP is monitoring and he is currently on the DASH diet.

Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 04/06/23 2:31 PM

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