

Auburn Montgomery Warhawk Health Services

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

Date: 11/07/24

PATIENT: BLAKE, ANDREA **DOB:** 07/17/1981 **Gender:** FEMALE **MRN:** 1845 **AGE:** 43 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: headache, scratchy throat, nasal congestion, and sinus pressure since yesterday. Non productive cough that has been present for a couple months

HISTORY OF PRESENT ILLNESS: Mrs. Blake is a 43 yo female here today for headache, scratchy throat, nasal congestion, sinus pressure, and occasional dry cough since yesterday. Denies fever. She has a couple of meetings on campus and she wants to be sure she is not contagious.

She also reports an occasional dry cough at night for a couple of months. She states it is not daily and occurs randomly. The reason she mentions it is because she reports it is a deeper cough that occasionally causes her to have a pressure in her chest when it occurs. She denies history of asthma or reflux in the past.

VITALS: BP: 124/86 **Site:** RIGHT ARM **Position:** SITTING **Pulse:** 82; **Temp:** 96.3; **Resp:** 17; **Ht:** 63 in.; **Wt:** 144.5 lbs.; **BMI:** 25.59; **Pulse Oximetry:** 98%; **FDLMP:** 10/22/24

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Denies

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.

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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: Influenza A and B negative.

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

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

PLAN:

Offered a referral for CXR with her intermittent cough but she declines today. She will call the office if it continues. We discussed that it could be reflux at night or possibly asthma amongst some other diagnoses.

For her acute symptoms, recommended otc tylenol cold and sinus or similar for treatment of URI. She was given 2 sample pills of deconex with instructions to take 1 pill every 4-6 hours as needed.

Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 11/07/24 11:20 AM

L. Barton, DNP, CRNP