

Auburn Montgomery Warhawk Health Services

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

Date: 03/13/24

PATIENT: MENSE, HEIDI **DOB:** 06/12/1982 **Gender:** FEMALE **MRN:** 1989 **AGE:** 41 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sore throat, sinus pressure, cough

HISTORY OF PRESENT ILLNESS: Mrs. Mense is a 41 yo female here today for sinus pressure, congestion, sore throat, and a productive cough since her last visit in February. She states she completed the bacrim and felt a little better in her chest, but the sinus pressure and congestion continues. Denies fever, but gets cold and hot at times. She did not have the CXR done from her last visit.

VITALS: BP: 119/76 **Pulse:** 87; **Temp:** 97.4; **Resp:** 16; **Ht:** 73 in.; **Wt:** 173.6 lbs.; **BMI:** 22.9; **Pulse Oximetry:** 91%;
FDLMP: 02/20/24

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Seasonal allergies, pneumonia

PAST SURGICAL HISTORY:

SOCIAL HISTORY: Married. 3 children. Husband works on campus. Denies tobacco, recreational drug, ETOH abuse.

FAMILY HISTORY:

HEALTH MX HISTORY:

Pap smear- June 2022- reportedly normal.

Mammogram- Scheduled for June 2023.

GYN- Dr. Phillips

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 but no 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 (1 unit(s)): In-House Lab
Abbott COVID Rapid Test (1 unit(s)): In-House Lab

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Positive
Comment: Flu A +, Flu B neg.

Abbott COVID Rapid Test:
Value: Negative

ASSESSMENT:

J01.90 - Acute sinusitis, unspecified (PRIMARY)
J10.1 - Influenza due to other identified influenza virus with other respiratory manifestations
R05.9 - COUGH, UNSPECIFIED
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R51.9 - HEADACHE, UNSPECIFIED

PLAN:

She is positive for Flu A today in addition to her continued sinus symptoms. Will change her antibiotics and add steroid dose pack. Tamiflu for the flu. Follow up as needed. Discussed ENT referral if no improvement after these prescriptions.

Medrol (Pak) 4 mg tablets in a dose pack
Refills: 0 Qty: 1 UNIT(S)
Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Cipro 500 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE EVERY 12 HOURS

Tamiflu 75 mg capsule
Refills: 0 Qty: 10 CAPSULE(S)
Instructions: TAKE 1 CAPSULE (75 MG) BY ORAL ROUTE 2 TIMES PER DAY

Electronically signed by Lindsey Barton, CRNP on 03/13/24 2:02 PM

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