

Auburn Montgomery Warhawk Health Services

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

Date: 09/08/23

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sore throat, body aches x 24-36 hrs. Has slight runny nose, but denies fever or cough.

VITALS: BP: 127/66 **Pulse:** 75; **Temp:** 99; **Resp:** 18; **Ht:** 73 in.; **Wt:** 178 lbs.; **BMI:** 23.48; **Pulse Oximetry:** 98%;
FDLMP: 08/16/23

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Seasonal allergies

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; No maxillary or frontal sinus tenderness. Throat- erythematous without exudates. + bilateral submental 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:

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

RESULTS:

STREP A:
Value: Positive

Abbott COVID Rapid Test:
Value: Negative

ASSESSMENT:

J02.0 - Streptococcal pharyngitis (PRIMARY)
Z20.822 - CONTACT WITH AND (SUSPECTED) EXPOSURE TO COVID-19

PLAN:

Rx as per below. Tylenol or ibuprofen as needed for pain/fever. Follow up as needed.

cefdinir 300 mg capsule
Refills: 0 Qty: 20 CAPSULE(S)
Instructions: TAKE 1 CAPSULE (300 MG) BY ORAL ROUTE EVERY 12 HOURS

Electronically signed by Lindsey Barton, CRNP on 09/08/23 12:10 PM

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