

Auburn Montgomery Warhawk Health Services

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

Date: 06/07/24

PATIENT: PARRISH, NICOLETTE **DOB:** 12/29/1995 **Gender:** FEMALE **MRN:** 2696 **AGE:** 28 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: dry, itchy throat and sinus drainage

HISTORY OF PRESENT ILLNESS: Ms. Parrish is a 28 yo female here today for dry, itchy throat and sinus drainage for the past few days. She is mainly concerned about her throat because her sister was diagnosed with strep yesterday and they shared a drink earlier in the week. Denies fever but states her lymph nodes felt sore yesterday. She has claritin and zyrtec at home for allergies but has not taken anything recently.

VITALS: BP: 153/94 **Pulse:** 102; **Temp:** 97.5; **Resp:** 18; **Ht:** 66 in.; **Wt:** 257 lbs.; **BMI:** 41.48; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Lo Loestrin Fe 1 mg-10 mcg (24)/10 mcg (2) tablet
albuterol sulfate HFA 90 mcg/actuation aerosol inhaler (2 puffs every 4-6 hrs as needed.)

PAST MEDICAL HISTORY: ? asthma, chronic back pain

PAST SURGICAL HISTORY: Wisdom tooth removal

SOCIAL HISTORY: Denies the use of tobacco, ETOH or recreational drugs.

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. Few petechiae to upper palate. 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.

ORDERS:

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

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

RESULTS:

STREP A:

Value: Negative

COVID Rapid Testing:

Value: Negative

ASSESSMENT:

J30.2 - Other seasonal allergic rhinitis (PRIMARY)

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

J34.89 - OTHER SPECIFIED DISORD OF NOSE AND NASAL SINUSES

PLAN:

Strep and covid are negative. Will treat symptoms. Recommended that she start antihistamines such as zyrtec or claritin for post nasal drip and allergy symptoms. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 06/07/24 2:48 PM

L. Barton, DNP, CRNP