

Auburn Montgomery Warhawk Health Services

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

Date: 12/07/22

PATIENT: RIGGINS, TAMERA **DOB:** 11/08/1965 **Gender:** FEMALE **MRN:** 409 **AGE:** 57 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: URI

HISTORY OF PRESENT ILLNESS: Ms. Riggins presents to the clinic with complaints of chills/fever, fatigue, headache, dry cough x 3 days. She denies SOB or chest pain.

VITALS: BP: 102/66 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 119; **Temp:** 102; **Resp:** 19; **Ht:** 64 in.; **Wt:** 219.9 lbs.; **BMI:** 37.74; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

atorvastatin 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)
levothyroxine 25 mcg tablet (TAKE 1 TABLET (25 MCG) BY ORAL ROUTE ONCE DAILY)
metoprolol succinate ER 25 mg tablet, extended release 24 hr (TAKE 1 TABLET (25 MG) BY ORAL ROUTE ONCE DAILY)
ramipril 5 mg capsule (TAKE 1 CAPSULE (5 MG) BY ORAL ROUTE ONCE DAILY)
valacyclovir 1 gram tablet (TAKE 1 TABLET (1,000 MG) BY ORAL ROUTE EVERY 12 HOURS)

PAST MEDICAL HISTORY: Tachycardia, diabetes--no medication, eczema, kidney stones; HTN, HLD, hypothyroidism, Vitamin D deficiency.
PCP- Dr. Kathy Lindsey

PAST SURGICAL HISTORY: hernia repair, breast reduction, left knee surgery

SOCIAL HISTORY: Exercises regularly; Does not use tobacco; Does not use recreational drugs; Consumes alcohol. Frequency: 3 times per year, Type: wine, mixed drinks

FAMILY HISTORY: Mother with history of: breast ca--deceased at age 44

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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

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MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

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:

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

RESULTS:

INFLUENZA:
Value: Negative

Abbott COVID Rapid Test:
Value: Positive

ASSESSMENT:

U07.1 - COVID-19 (PRIMARY)
Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS
R50.9 - FEVER, UNSPECIFIED
R51.9 - HEADACHE, UNSPECIFIED
R05.9 - COUGH, UNSPECIFIED
R53.83 - Other fatigue

PLAN:

CDC COVID quarantine and isolation guidelines discussed. COVID recommended treatment checklist handed to patient and discussed. Strict ER precautions given. Increase water intake and rest. Patient verbalized understanding.

benzonatate 200 mg capsule
Refills: 0 Qty: 21 CAPSULE(S)
Instructions: TAKE 1 CAPSULE (200 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED FOR COUGH

Electronically signed by Robin Blackwell, CRNP on 12/07/22 9:42 AM

Robin Blackwell CNP