

Auburn Montgomery Warhawk Health Services

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

Date: 10/31/22

PATIENT: SANFORD, ANNE **DOB:** 01/09/1985 **Gender:** FEMALE **MRN:** 4252 **AGE:** 37 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sinus drainage, congestion, cough

HISTORY OF PRESENT ILLNESS: Ms. Sanford is a 37 yo female here today for sinus drainage, congestion, and cough since Saturday. Denies fever. Her children tested positive for the flu over the weekend.

VITALS: BP: 136/89 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 108; **Temp:** 99.1; **Resp:** 16; **Ht:** 66 in.; **Wt:** 202.7 lbs.; **BMI:** 32.71; **Pulse Oximetry:** 99%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Alahist CF 2 mg-10 mg-20 mg tablet (1 tab PO every 6 hrs as needed for cough and congestion.)
Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension (SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED for sinus symptoms)

PAST MEDICAL HISTORY: Sinus infections, seasonal allergies, bronchitis, uti, migraines; allergic to wasp stings

PAST SURGICAL HISTORY: (2) c-sections

SOCIAL HISTORY: 5 drinks weekly, no illicit drug use, does not smoke

FAMILY HISTORY: Grandparent: heart disease, brain cancer, alcoholism

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; 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:

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

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Positive
Comment: A+

Abbott COVID Rapid Test:
Value: Negative

ASSESSMENT:

J10.1 - FLU D/T OTH IDENT FLU VIRUS W OTH RESP MANIFEST (PRIMARY)
R05.9 - COUGH, UNSPECIFIED
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

She has a dose of xofluza at home that was prescribed by her child's pediatrician. Ok to take it and tylenol or motrin as needed for pain/fever. Offered cough medication, but she declined at this time.

Electronically signed by Lindsey Barton, CRNP on 10/31/22 3:47 PM

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