

Auburn Montgomery Warhawk Health Services

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

Date: 04/17/23

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** S00004440 **AGE:** 50 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: nasal congestion, cough, headache, and positive exposure to COVID.

HISTORY OF PRESENT ILLNESS: Mrs. Reck is a 50 yo female here today for nasal congestion, sinus drainage, cough, and sinus pressure since yesterday. She was exposed to covid last week. Denies fever. She has tried mucinex for the drainage with no relief.

VITALS: BP: 139/91 **Pulse:** 84; **Temp:** 97.2; **Resp:** 16; **Ht:** 63 in.; **Wt:** 218.2 lbs.; **BMI:** 38.65; **Pulse Oximetry:** 99%;
FDLMP: 02/16/23

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

diazepam 10 mg tablet (PRN)
ergocalciferol (vitamin D2) 1,250 mcg (50,000 unit) capsule
ibuprofen 800 mg tablet
lisinopril 10 mg-hydrochlorothiazide 12.5 mg tablet (TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY)
promethazine 25 mg tablet

PAST MEDICAL HISTORY: HTN, anxiety, insomnia, SAR.

PAST SURGICAL HISTORY: Tubal ligation,

FAMILY HISTORY:

Mother- died at 72 COPD
Father- died 76 colon cancer, HTN

HEALTH MX HISTORY:

Last colonoscopy Oct 2018
Last mammogram September 2018
Last pap September 2018

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

Auburn Montgomery Warhawk Health Services

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

Date: 04/17/23

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** S00004440 **AGE:** 50 Years

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:

Depo-Medrol 40mg/ml (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
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: Negative

ASSESSMENT:

J30.9 - ALLERGIC RHINITIS, UNSPECIFIED (PRIMARY)
R09.81 - NASAL CONGESTION
R05.9 - COUGH, UNSPECIFIED
R51.9 - HEADACHE, UNSPECIFIED
Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS

PLAN:

Follow up as needed.

Alahist PE 2 mg-7.5 mg tablet
Refills: 0 Qty: 9 TABLET(S)
Instructions: 1 tablet PO every 4-6 hrs as needed for sinus drainage and congestion (Dispensed)

Electronically signed by Lindsey Barton, CRNP on 04/17/23 10:04 AM

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