

Auburn Montgomery Warhawk Health Services

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

Date: 07/19/23

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sinus issues

HISTORY OF PRESENT ILLNESS: Ms. Reck presents to the clinic with complaints of sinus pressure, nasal congestion, dull headache since yesterday. She reports not taking her BP medication this morning. She states her BP at home is normally in the 130's /70's.

VITALS: BP: 145/87 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 67; **Temp:** 98.3; **Resp:** 16; **Ht:** 63 in.; **Wt:** 214.9 lbs.;
BMI: 38.06; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

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

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; 2+ DP and PT pulses bilaterally

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

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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
Dexamethasone 4mg/ml (2 unit(s)): Injection

RESULTS:

Abbott COVID Rapid Test:
Value: Negative

Dexamethasone 4mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 4 milligram(s)
Administered By: Blackwell, Robin - CRNP

ASSESSMENT:

Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS (PRIMARY)
R51.9 - HEADACHE, UNSPECIFIED
R09.81 - NASAL CONGESTION
J00 - ACUTE NASOPHARYNGITIS [COMMON COLD]

PLAN:

Follow up is symptoms worsen or do not improve. Take Coricidin TOC for symptoms.

Electronically signed by Robin Blackwell, CRNP on 07/19/23 10:34 AM

Robin Blackwell CNP