

Auburn Montgomery Warhawk Health Services

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

Date: 08/22/24

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** 4262 **AGE:** 51 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Nasal congestion and headache

HISTORY OF PRESENT ILLNESS: Mrs. Reck is a 51 yo female here today for nasal congestion and headache for the past 2 days. Denies runny nose or fever, but does have a slight cough.

VITALS: BP: 127/84 **Pulse:** 72; **Temp:** 97.5; **Resp:** 18; **Ht:** 63 in.; **Wt:** 209.1 lbs.; **BMI:** 37.04; **Pulse Oximetry:** 97%;
FDLMP: 07/24/24

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

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- will need to be seen. by pcp for additional refills.)

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 2022- reportedly normal

GYN- Brittany Mount, CRNP

PCP- Dr. Banick

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.

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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:

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

RESULTS:

INFLUENZA Rapid Test:
Value: Negative
Comment: Flu A and Flu B negative.

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

J30.2 - Other seasonal allergic rhinitis (PRIMARY)
R09.81 - NASAL CONGESTION
R51.9 - HEADACHE, UNSPECIFIED
Z20.822 - CONTACT WITH AND (SUSPECTED) EXPOSURE TO COVID-19

PLAN:

Recommended flonase otc and rx as per below for symptomatic relief. Follow up as needed.

Alahist PE 2 mg-7.5 mg tablet
Refills: 0 Qty: 22 TABLET(S)

Instructions: 1 TABLET PO EVERY 4-6 HRS AS NEEDED FOR SINUS DRAINAGE AND CONGESTION

Electronically signed by Lindsey Barton, CRNP on 08/22/24 2:51 PM

L. Barton, DNP, CRNP