

Auburn Montgomery Warhawk Health Services

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

Date: 11/01/22

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** S00004440 **AGE:** 49 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: body aches, congestion

HISTORY OF PRESENT ILLNESS: Mrs. Reck is a 49 yo female here today for sinus congestion and body aches that started this morning. Denies fever, sore throat, cough, or runny nose.

VITALS: BP: 104/94 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 81; **Temp:** 98.8; **Resp:** 16; **Ht:** 63 in.; **Wt:** 220 lbs.;
BMI: 38.97; **Pulse Oximetry:** 97%; **FDLMP:** 10/17/22

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Xyzal 5 mg tablet (TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING)
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
zolpidem 10 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.

Auburn Montgomery Warhawk Health Services

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

Date: 11/01/22

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** S00004440 **AGE:** 49 Years

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:

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: Negative

Abbott COVID Rapid Test:

Value: Negative

ASSESSMENT:

R09.81 - NASAL CONGESTION (PRIMARY)

R52 - PAIN, UNSPECIFIED

Z20.822 - CONTACT WITH AND (SUSPECTED) EXPOSURE TO COVID-19

PLAN:

Work up negative. Tylenol or motrin otc as directed on bottle for fever if needed. Symptom management with otc decongestants. Follow up if worsening symptoms.

Electronically signed by Lindsey Barton, CRNP on 11/01/22 4:47 PM

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