

Auburn Montgomery Warhawk Health Services

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

Date: 08/30/24

PATIENT: BELL HAYNES, JANEL **DOB:** 08/14/1966 **Gender:** FEMALE **MRN:** 492 **AGE:** 58 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sinus drainage, itchy throat

HISTORY OF PRESENT ILLNESS: Mrs. Bell Haynes is a 58 yo female here today for sinus drainage, scratchy throat, left ear pressure, sinus pressure, and nausea that started 2 days ago. Denies fever. Her son came home sick earlier in the week. He was seen by his PCP yesterday and tested negative for everything.

VITALS: BP: 119/77 **Pulse:** 87; **Temp:** 97.9; **Resp:** 16; **Wt:** 131 lbs.; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Singulair 10 mg tablet (1 tablet PO once daily)
Zyrtec 10 mg tablet (1 tablet PO once daily)
atorvastatin 20 mg tablet (1 tablet PO QHS)
hydrochlorothiazide 12.5 mg tablet
losartan 100 mg tablet
meloxicam 15 mg tablet
tizanidine 4 mg tablet

PAST MEDICAL HISTORY: HLD, HTN

PAST SURGICAL HISTORY: C-section

SOCIAL HISTORY: Works on campus. Drinks wine 2-3 nights per week. Denies smoking or illicit drug use.

FAMILY HISTORY:

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 tenderness but + bilateral 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

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.

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PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

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

RESULTS:

STREP A:
Value: Negative

INFLUENZA Rapid Test:
Value: Positive
Comment: Influenza A positive

Flu B negative.

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

J10.1 - Influenza due to other identified influenza virus with other respiratory manifestations (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
J34.89 - OTHER SPECIFIED DISORD OF NOSE AND NASAL SINUSES

PLAN:

Rx as per below. Tylenol or ibuprofen otc as needed for pain or fever as directed on bottle. Increase fluid intake and rest. Follow up as needed.

Tamiflu 75 mg capsule
Refills: 0 Qty: 10 CAPSULE(S)
Instructions: TAKE 1 CAPSULE (75 MG) BY ORAL ROUTE 2 TIMES PER DAY

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup
Refills: 0 Qty: 120 ML(S)
Instructions: TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 4 HOURS as needed for cough/congestion

Electronically signed by Lindsey Barton, CRNP on 08/30/24 1:53 PM

L. Barton, DNP, CRNP