

Auburn Montgomery Warhawk Health Services

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

Date: 02/23/24

PATIENT: BRONSON, PORTIA **DOB:** 06/16/1983 **Gender:** FEMALE **MRN:** 4969 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sore throat x 2 days.

HISTORY OF PRESENT ILLNESS: Denies any other symptoms except for sore throat for the past 2 days. No cough, runny nose, congestion, or fever.

VITALS: BP: 151/87 **Pulse:** 72; **Temp:** 97.9; **Resp:** 16; **Ht:** 65 in.; **Wt:** 321 lbs.; **BMI:** 53.41; **Pulse Oximetry:** 98%;
FDLMP: 02/15/24

ALLERGIES: YAZ (28)

MEDICATIONS:

Diflucan 150 mg tablet (TAKE 1 TABLET (150 MG) BY ORAL ROUTE ONCE; MAY REPEAT DOSE IN 72 HRS IF NEEDED.)

Farxiga 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE MORNING)

Lancets,Ultra Thin (check blood sugar once daily)

Ozempic 2 mg/dose (8 mg/3 mL) subcutaneous pen injector (INJECT 2 MG BY SUBCUTANEOUS ROUTE ONCE WEEKLY ON THE SAME DAY OF EACH WEEK (DISP. 12 PENS FOR 3 MONTH SUPPLY).)

Paxlovid 300 mg (150 mg x 2)-100 mg tablets in a dose pack (TAKE BY ORAL ROUTE 2 TIMES PER DAY PER PACKAGE DIRECTIONS FOR 5 DAYS)

blood sugar diagnostic strips (check blood sugar once daily and as needed for low blood sugar symptoms.)

lisinopril 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)

PAST MEDICAL HISTORY: T2DM, HTN, GERD

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Married. Her husband works on campus. They recently moved here from New York. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY:

HEALTH MX HISTORY:

DM Foot Exam- January 2024

Wellness- Jan. 2024

Microalbumin- Jan. 2024

Last eye exam- Dec. 2022

Pap smear- March 2021- reportedly normal.

Mammogram- 2023- abnormal- had US in July 2023 and January 2024. See reports.

Last Hgb A1C- January 2024

She was taken off metformin secondary to diarrhea on the lowest dose.

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

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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

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

RESULTS:

STREP A:

Value: Negative

ASSESSMENT:

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED (PRIMARY).

PLAN:

Will treat symptomatically. Could be postnasal gtt or viral pharyngitis. Strep is negative. Recommended otc antihistamine such as zyrtec or xyzal. Follow up if no improvement or worsening symptoms.

Electronically signed by Lindsey Barton, CRNP on 02/23/24 3:45 PM

L Barton, CRNP