

Auburn Montgomery Warhawk Health Services

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

Date: 01/02/24

PATIENT: STERLING, SCOTT **DOB:** 02/13/1997 **Gender:** MALE **MRN:** 5189 **AGE:** 26 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Nasal congestion, body aches, chills and headache since Sunday, Jan 31, 2023.
Reports cough is sporadic and does not interfere with sleeping/resting.

VITALS: BP: 135/83 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 82; **Temp:** 97.2; **Resp:** 16; **Ht:** 63 in.; **Wt:** 146.1 lbs.;
BMI: 25.88; **Pulse Oximetry:** 99%

ALLERGIES: Minocycline (substance)

MEDICATIONS:

Medrol (Pak) 4 mg tablets in a dose pack (TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS)
ketorolac 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE EVERY 6 HOURS AS NEEDED FOR pain for UP TO 5 DAYS TOTAL USE)
methocarbamol 750 mg tablet (TAKE 1 TABLET (750 MG) BY ORAL ROUTE 3 TIMES PER DAY as needed for back spasms)

REVIEW OF SYSTEMS:

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

PHYSICAL EXAMINATION:

GENERAL: No apparent distress noted; Pleasant, does not appear to feel well. NORMAL BODY 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; Mild nasal congestion without maxillary or frontal sinus tenderness. Throat- pink without exudates, clear to white post nasal drip noted. 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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

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

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RESULTS:

STREP A:

Value: Negative

INFLUENZA:

Value: Negative

COVID Rapid Testing:

Value: Positive

ASSESSMENT:

U07.1 - COVID-19 (PRIMARY)

PLAN:

Advised patient on quarantine recommended by CDC.

Advised to use OTC remedies for symptoms. If no improvement in 5 days, or if symptoms significantly worsen, patient was advised to return to clinic for reevaluation or proceed to ER/PCP. Patient verbalized understanding and agreement with this plan.

Electronically signed by Joyce Williford, CRNP on 01/02/24 11:42 AM

Handwritten signature of J. Williford CRNP in cursive script.