

Auburn Montgomery Warhawk Health Services

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

Date: 01/04/24

PATIENT: KODA, ALEXANDRA **DOB:** 07/10/1997 **Gender:** FEMALE **MRN:** 5212 **AGE:** 26 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Patient reports headache, nasal congestion, sore throat, chills, and body aches x 2 days. Denies any known exposure. Denies NVD, Abdominal pain and cough. Has taking OTC Cold medication x 1 dose today, which did help with symptoms.

VITALS: BP: 118/63 **Site:** RIGHT ARM **Position:** SITTING **Pulse:** 91; **Temp:** 98.6; **Resp:** 18; **Ht:** 63 in.; **Wt:** 129.5 lbs.; **BMI:** 22.93; **FDLMP:** 01/04/24

ALLERGIES: Penicillins

MEDICATIONS:

Tamiflu 75 mg capsule (TAKE 1 CAPSULE (75 MG) BY ORAL ROUTE TWICE PER DAY FOR 5 DAYS)
Tri-Sprintec (28) 0.18 mg(7)/0.215 mg(7)/0.25 mg(7)-35 mcg tablet

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Sinus surgery 2019

SOCIAL HISTORY: Reports smoking 1/2 ppd - cigarettes. Denies ETOH or illicit drug use

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All negative for fever, chills, nausea, vomiting, dizziness, fatigue, infertility, & malaise.

HEENT: Positive for nasal congestion, sore throat. Negative for cough, runny nose, sinus pain, earache, bleeding gums, dysphagia, hearing loss, hoarseness, nose bleeds, tinnitus, & rhinorrhea.

EYES: All negative for blurred vision, cataracts, diplopia, dry eyes, drainage, glaucoma, itching, pain, photophobia, and visual loss.

CARDIOLOGIC: All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope.

RESPIRATORY: All negative for cough, hemoptosis, orthopnea, shortness of breath, sputum, and wheeze.

GASTROINTESTINAL: All negative for abdominal pain, appetite loss, anorexia, belching, constipation, diarrhea, flatulence, heartburn, hematchezia, hematemesiis, indigestion, mass, swelling and ulcers.

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins. Positive for generalized body aches.

NEUROLOGIC: All negative for difficulty with vision, numbness in hands and feet, hot flashes, and night sweats.

BREAST: All negative for discharge or mass.

PELVIC: All negative for vaginal discharge, abnormal periods, painful sex, vaginal masses, leaking urine, pain, hemorrhoids, abnormal bleeding, itching, odor, and cramps.

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 without redness or swelling. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat - red without exudates. No anterior or posterior cervical nodes palpated

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

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Negative

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

B34.9 - VIRAL INFECTION, UNSPECIFIED (PRIMARY)

PLAN:

Advised patient on OTC remedies for symptoms. Encouraged patient to use humidifier, Flonase, and tylenol/ibuprofen for symptoms. Patient instructed to call for appointment if no improvement in symptoms in 3-4 days. Patient verbalized understanding and agreement to this plan.

Electronically signed by Joyce Williford, CRNP on 01/04/24 2:58 PM

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J. Williford C.R.N.P.