

Auburn Montgomery Warhawk Health Services

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

Date: 07/17/24

PATIENT: RAYBORN, MEREDITH **DOB:** 06/27/1974 **Gender:** FEMALE **MRN:** 5286 **AGE:** 50 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: fever, fatigue, sore throat, dry cough and runny nose

HISTORY OF PRESENT ILLNESS: Mrs. Rayborn is a 50 yo female here today for fever with T-max of 100.6 this am, runny nose, cough, sore throat and fatigue that began Sunday. She reports exposure to covid at work 1 week ago, but no recent travel. She has been alternating tylenol and motrin and using benadryl at home for symptomatic relief.

VITALS: BP: 118/77 **Pulse:** 81; **Temp:** 98.2; **Resp:** 19; **Ht:** 70 in.; **Wt:** 246.5 lbs.; **BMI:** 35.36; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension
Zyrtec 10 mg tablet

PAST MEDICAL HISTORY: Allergies, Eczema

PAST SURGICAL HISTORY: Wisdom teeth removal, Nephrostomy 1997, Hysterectomy 2023

SOCIAL HISTORY: Married. Works at AUM. Denies smoking or illicit drug use. Admits to occasional ETOH use

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.

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
INFLUENZA Rapid Test (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 Rapid Test:

Value: Positive

Comment: Flu 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)

R50.9 - FEVER, UNSPECIFIED

R05.9 - COUGH, UNSPECIFIED

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

She is technically outside the 48 hr window for tamiflu but she is still having fever, so will go ahead and treat as per below. Alternate tylenol and motrin for fever and increase fluid intake for hydration. 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 6 HOURS AS NEEDED FOR COUGH/CONGESTION

Electronically signed by Lindsey Barton, CRNP on 07/17/24 2:45 PM

L. Barton, DNP, CRNP