

Auburn Montgomery Warhawk Health Services

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

Date: 10/22/24

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sore throat, fever, nausea, dry cough

HISTORY OF PRESENT ILLNESS: Ms. Rayborn is a 50 yo female here today for sore throat, cough, fever, nausea, and fatigue since Sunday. She also states that on one occasion her left nostril was stopped up and she sneezed and a large piece of what looked like meaty skin came out. Afterwards her nose bled for a little bit then she was able to breath out her nostril again.

She has a history of POTS. She is from Florida and recently moved here. She passed out on campus over the summer. She has been trying to get in with cardiology and neurology locally but has not been able to get anyone on the phone to make an appt. She has also requested an appt at the POTS clinic at UAB, but has not heard back from them either. She is requesting a referral from our office.

VITALS: BP: 136/87 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 99; **Temp:** 98.4; **Resp:** 16; **Ht:** 70 in.; **Wt:** 246.8 lbs.; **BMI:** 35.41; **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, POTS, Kidney stones

PAST SURGICAL HISTORY: Wisdom teeth removal, Nephrostomy 1997 2nd to kidney stones, 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; + left maxillary sinus pressure, but no frontal sinus tenderness. Throat- erythematous 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.

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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

RESULTS:

STREP A:
Value: Positive

INFLUENZA Rapid Test:
Value: Negative
Comment: Flu A and B negative.

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

J02.0 - STREPTOCOCCAL PHARYNGITIS (PRIMARY)
R50.9 - FEVER, UNSPECIFIED
R05.9 - COUGH, UNSPECIFIED
G90.A - POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME [POTS]
R55 - SYNCOPE AND COLLAPSE
Z20.822 - CONTACT WITH AND (SUSPECTED) EXPOSURE TO COVID-19

PLAN:

Rx as per below for sinusitis and strep pharyngitis. Tylenol or ibuprofen as needed for pain/fever. Change out toothbrush after 3-4 days on antibiotics. Referral to cards and neurology for POTS and syncopal episode in July.

amoxicillin 875 mg-potassium clavulanate 125 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension
Refills: 2 Qty: 1 UNIT(S)
Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED

Referral: MCA, Montgomery Cardiovascular Associates (Cardiology)
No Special Instructions

Referral: Miller, Dr. Caudill (Neurologist)
No Special Instructions

Electronically signed by Lindsey Barton, CRNP on 10/22/24 11:09 AM

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L. Barton, DNP, CRNP