

Auburn Montgomery Warhawk Health Services

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

Date: 12/11/24

PATIENT: POUNDSTONE, ELIZABETH **DOB:** 05/16/1974 **Gender:** FEMALE **MRN:** 5402 **AGE:** 50 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: dry cough, sore throat, headache, and nasal congestion since Sunday night.

HISTORY OF PRESENT ILLNESS: Ms. Poundstone is a 50yo female here today for dry cough, sore throat, nasal congestion, and headache since Sunday night. Denies fever.

VITALS: BP: 101/71 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 91; **Temp:** 97.3; **Resp:** 16; **Ht:** 62 in.; **Wt:** 120.4 lbs.;
BMI: 22.02; **Pulse Oximetry:** 97%

ALLERGIES: oxycodone

MEDICATIONS:

Singulair 10 mg tablet (1 tablet daily)
spironolactone 25 mg tablet (1/2 tablet once daily)

PAST MEDICAL HISTORY: Acne, seasonal allergies.

PAST SURGICAL HISTORY: C-section x2, Bilat Hip Replacement, Uterine ablation

SOCIAL HISTORY: Occasional ETOH use socially, denies tobacco and illicit drug abuse.

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
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection

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Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection
COVID Rapid Testing (1 unit(s)): In-House Lab

RESULTS:

STREP A:

Value: Negative

INFLUENZA Rapid Test:

Value: Negative

Comment: Flu A and B negative.

COVID Rapid Testing:

Value: Negative

Dexamethasone 4mg/ml:

Site Given: Right Ventragluteal

Dosage Given: 4 milligram(s)

Administered By: Bicknell, Miranda - RN

Depo-Medrol 40mg/ml:

Site Given: Right Ventragluteal

Dosage Given: 40 milligram(s)

Administered By: Bicknell, Miranda - RN

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

R51.9 - HEADACHE, UNSPECIFIED

R05.9 - COUGH, UNSPECIFIED

R09.81 - Nasal congestion.

PLAN:

Given steroid injection in clinic for nasal congestion. Recommended otc dayquil/nyquil or similar and flonase for symptomatic relief. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 12/11/24 11:13 AM

L. Barton, DNP, CRNP