

Auburn Montgomery Warhawk Health Services

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

Date: 10/30/24

PATIENT: BELL, CHELSEA **DOB:** 10/10/1989 **Gender:** FEMALE **MRN:** 5414 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Fatigue, sore throat, insomnia, nasal congestion, headache, nausea, felt feverish

HISTORY OF PRESENT ILLNESS: Patient is here for Fatigue, sore throat, insomnia, nasal congestion, headache, nausea, and generally not feeling well since yesterday. Patient states that she takes zyrtec and mucinex daily but has not noticed any improvement.

VITALS: BP: 101/66 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 69; **Temp:** 97.7; **Resp:** 16; **Ht:** 63 in.; **Wt:** 161.2 lbs.;
BMI: 28.55; **Pulse Oximetry:** 98%

ALLERGIES: azithromycin (C/O - nausea)

MEDICATIONS:

citalopram 20 mg tablet
solifenacin 5 mg tablet

PAST MEDICAL HISTORY: GAD, overactive bladder.

PAST SURGICAL HISTORY: uterine ablation, Lasik eye surgery 2020.

SOCIAL HISTORY: Married. Works on campus. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY:

HEALTH MX HISTORY:

PCP- Vernisha Hill-Graham

GYN- Dr. Phillips

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 have serous fluid. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates but clear posterior pharynx drainage noted. No anterior or posterior cervical nodes palpated;

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted;

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. 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
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

STREP A:
Value: Negative

INFLUENZA Rapid Test:
Value: Negative

COVID Rapid Testing:
Value: Negative

Dexamethasone 4mg/ml:
Site Given: Right Ventral Gluteal
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:

J00 - ACUTE NASOPHARYNGITIS [COMMON COLD] (PRIMARY)
J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED

PLAN:

Patient is here with a cold. Her swabs were negative. Gave steroid injection as requested. She is flying tomorrow. Instructed to take Sudafed and suggested Zicam. Instructed plenty of water and rest. Instructed to return for worsening symptoms.

Electronically signed by Hayley Guthrie, CRNP on 10/30/24 9:31 AM