

Auburn Montgomery Warhawk Health Services

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

Date: 04/24/25

PATIENT: BELL, HARRISON **DOB:** 08/16/1987 **Gender:** MALE **MRN:** 5450 **AGE:** 37 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: sinus pressure, nasal drainage, body aches, headache, fever of 100 on yesterday

HISTORY OF PRESENT ILLNESS: Patient is here for URI that started yesterday with sinus pressure, nasal drainage, body aches, headache, fever of 100. He states that he feels worse today than yesterday.

VITALS: BP: 149/96 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 90; **Temp:** 97; **Resp:** 17; **Ht:** 69 in.; **Wt:** 250.9 lbs.;
BMI: 37.05; **Pulse Oximetry:** 98%

ALLERGIES: Penicillin

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: Intermittent elevated blood pressure

PAST SURGICAL HISTORY: None

SOCIAL HISTORY: Does not use tobacco; Does not use recreational drugs; Does not use alcohol;

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 with edema and erythema noted to turbinates. Maxillary sinus tenderness. Throat- pink without exudates. Anterior cervical nodes slightly enlarged and tender.

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.

NEUROLOGIC: Alert and Oriented X3. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

COVID Rapid Testing (1 unit(s)): In-House Lab
INFLUENZA Rapid Test (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

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RESULTS:

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 Ventral Gluteal

Dosage Given: 40 milligram(s)

Administered By: Bicknell, Miranda - RN

ASSESSMENT:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)

R03.0 - Elevated blood-pressure reading, without diagnosis of hypertension

PLAN:

Patient is here with viral URI. His COVID and flu tests are negative. Gave steroid injection for sinus congestion and gave 650 mg of acetaminophen for body aches. Instructed rest, plenty of fluids, and avoiding crowds of people until his symptoms resolved and he was fever-free for 24 hours. Prescribed:

carbinoxamine 4 mg tablet

Refills: 0 Qty: 25 TABLET(S)

Instructions: TAKE 1 TABLET (4 MG) BY ORAL ROUTE 3-4 TIMES DAILY FOR SINUS CONGESTION

Electronically signed by Hayley Guthrie, CRNP on 04/24/25 11:22 AM