

Auburn Montgomery Warhawk Health Services

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

Date: 02/27/23

PATIENT: BELEW TRAMMELL, MOLLY **DOB:** 09/05/1996 **Gender:** FEMALE **MRN:** S00295577 **AGE:** 26 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Upper Respiratory symptoms

HISTORY OF PRESENT ILLNESS: Ms. Trammell presents to the clinic with complaints of dry cough, nasal congestion, fever, eye pressure, water eyes, nausea, headache, body aches and fatigue since Friday. Patient has been taking Dayquil, last does this am. She states her symptoms are staying the same.

Of note: Patient reports being treated for HTN by her PCP and was on Lisinopril in 2020. She is currently not taking and medications for hypertension.

VITALS: BP: 150/99 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 96; **Temp:** 98.1; **Resp:** 16; **Ht:** 65 in.; **Wt:** 229 lbs.; **BMI:** 38.1; **Pulse Oximetry:** 98%; **FDLMP:** 02/25/23

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Zoloft 50 mg tablet
intrauterine device (IUD)

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: 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; Maxillary sinus tenderness no 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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

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.

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PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

Dexamethasone 4mg/ml (2 unit(s)): Injection
STREP A (1 unit(s)): In-House Lab
Abbott COVID Rapid Test (1 unit(s)): In-House Lab
INFLUENZA (1 unit(s)): In-House Lab

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Negative

Abbott COVID Rapid Test:
Value: Negative

ASSESSMENT:

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED (PRIMARY)
R05.9 - COUGH, UNSPECIFIED
R51.9 - HEADACHE, UNSPECIFIED
R53.83 - OTHER FATIGUE
Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS
H04.203 - UNSPECIFIED EPIPHORA, BILATERAL LACRIMAL GLANDS
R09.81 - NASAL CONGESTION
J01.90 - ACUTE SINUSITIS, UNSPECIFIED
I10 - Essential (primary) hypertension

PLAN:

Take RX as directed. Offered RX for cough and runny nose, patient declined and wishes to continue taking Dayquil. She is aware DayQuil can increase her BP due to the decongestant. She states she has a BP machine at home. She was instructed to take her BP am/pm for 2 weeks and if BP is still elevated without taking OTC multi-meds with decongestants, to follow up with her PCP. Patient verbalized understanding. She states she has had steroid injection in the past with no side effects. Follow up as needed.

amoxicillin 875 mg-potassium clavulanate 125 mg tablet
Refills: 0 Qty: 14 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS FOR 7 DAYS

Electronically signed by Robin Blackwell, CRNP on 02/27/23 9:42 AM

Robin Blackwell CNP