

Auburn Montgomery Warhawk Health Services

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

Date: 10/01/24

PATIENT: BELEW TRAMMELL, MOLLY **DOB:** 09/05/1996 **Gender:** FEMALE **MRN:** S00295577 **AGE:** 28 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: cough, sore throat, nausea, vomiting x 2 episodes, headache/body aches, chills, and feels feverish.

HISTORY OF PRESENT ILLNESS: Ms. Belew Trammell is a 28 yo female here today for feeling feverish, night sweats, chills, cough, sore throat, headache, body aches, and vomiting x 2 today (mucus). She reports her symptoms started 2 days ago.

Of note, she has a history of HTN. She is Rx lisinopril by her PCP Dr. Chamnong. She reports being out of her medicine for several months and she has not seen her PCP in "awhile". She is requesting a refill until she can get an appt to see her PCP.

VITALS: BP: 157/112 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 112; **Temp:** 97.2; **Resp:** 17; **Ht:** 66 in.; **Wt:** 231.4 lbs.; **BMI:** 37.34; **Pulse Oximetry:** 98%; **FDLMP:** 09/16/24

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Zoloft 50 mg tablet
intrauterine device (IUD) (replaced Sept 2024)
lisinopril 10 mg tablet (TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY)

PAST MEDICAL HISTORY: HTN, GAD/depression.

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Denies smoking or illicit drug use. Admits to occasional ETOH use.

HEALTH MX HISTORY:

PCP- Dr. Chamnong

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- 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

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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
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)
I10 - Essential (primary) hypertension
R51.9 - HEADACHE, UNSPECIFIED
R05.9 - COUGH, UNSPECIFIED
Z91.148 - Patient's other noncompliance with medication regimen for other reason

PLAN:

Rx for cefdinir for strep. Recommended otc tylenol or ibuprofen as directed on bottle as needed for pain/fever. Handwashing. Change out toothbrush after being on antibiotics for 48 hrs. No eating/drinking/kissing after anyone until on ABX for 48 hrs to prevent spread.

For HTN- given 1 month supply of Lisinopril. Recommended she get a BP cuff at home and keep a log to take to her PCP and to follow up with them. Also recommended that she stop the decongestants otc as they can be contributing to her elevated BP. She verbalized understanding.

Follow up as needed.

lisinopril 10 mg tablet
Refills: 0 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY

cefdinir 300 mg capsule
Refills: 0 Qty: 20 CAPSULE(S)
Instructions: TAKE 1 CAPSULE (300 MG) BY ORAL ROUTE EVERY 12 HOURS

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Years

Electronically signed by Lindsey Barton, CRNP on 10/01/24 4:08 PM

L. Barton, DNP, CRNP