

Auburn Montgomery Student Health Services

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

Date: 07/19/22

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** S00183475 **AGE:** 34 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sick visit

HISTORY OF PRESENT ILLNESS: Mrs. Adams is a 34 yo female here today for COVID exposure. She was exposed by several family members on Saturday who then tested positive on Sunday. She took a test yesterday and it was negative. She started having sore throat last night, fatigue, facial pain, temp 99.4, sinus drainage, and slight cough. Felt worse this am.

VITALS: BP: 132/86 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 84; **Temp:** 98.4; **Resp:** 16; **Ht:** 66 in.; **Wt:** 213.6 lbs.;
BMI: 34.47; **Pulse Oximetry:** 99%; **FDLMP:** 07/03/22

ALLERGIES: Benzo-Creme ((Rash) or (C/O a rash) (finding))

MEDICATIONS:

Wellbutrin XL 150 mg 24 hr tablet, extended release

Zoloft 50 mg tablet (patient takes 75mg daily.)

ibuprofen 800 mg tablet (TAKE 1 TABLET (800 MG) BY ORAL ROUTE 3 TIMES PER DAY WITH FOOD as needed for cramps/pain)

PAST MEDICAL HISTORY: Rheumatoid arthritis diagnosed as a child. Anxiety/depression; PCOS.

PAST SURGICAL HISTORY: Gallbladder removed 2016

SOCIAL HISTORY: Does not use tobacco; Does not use recreational drugs; Is Not experiencing unusual stress. Does not exercise regularly; alcohol use (beer and wine) at least weekly.

FAMILY HISTORY:

Mother: Deceased age 42 from a seizure disorder (had a head injury)

Father: Heart disease.

Brother: seizure disorder, major depressive disorder

Maternal Grandmother: Arthritis,

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; 2+ DP and PT pulses bilaterally

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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:

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

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Negative

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R53.83 - OTHER FATIGUE
R09.81 - NASAL CONGESTION
Z20.822 - Contact with and (suspected) exposure to COVID-19

PLAN:

Possibly too early for positive test. Recommend she continue to quarantine and retest tomorrow. In meantime, discussed tylenol and/or motrin for fever or pain. Given samples of alahist CF for symptomatic relief. Follow up tomorrow for repeat test or results of home test. She verbalized understanding.

Alahist CF 2 mg-10 mg-20 mg tablet
Refills: 0 Qty: 22 TABLET(S)
Instructions: 1 tablet PO every 6 hrs as needed for cold/cough symptoms.

Electronically signed by Lindsey Barton, CRNP on 07/19/22 11:30 AM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.

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