

Auburn Montgomery Warhawk Health Services

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

Date: 02/28/24

PATIENT: MURRAY, ONISHA **DOB:** 06/20/1993 **Gender:** FEMALE **MRN:** 5788 **AGE:** 30 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: nasal congestion and throat irritation

HISTORY OF PRESENT ILLNESS: Ms. Murray is a 30 yo female here today for nasal congestion and throat irritation since Monday. She was exposed to COVID on Friday. Denies fever. States her symptoms are mild and she has been using otc meds for relief.

She has a history of T2DM and HTN. She sees an endocrinologist at Jackson Clinic. She is suppose to follow up every 6 months but she has not been in over 6 months and she reports noncompliance with her medications. She doesn't remember the last time she picked them up.

She has PCOS and irregular menses.

She denies urinary symptoms presently, but states that she occasionally has burning with urination and low back pain, but she just treats them with otc meds. She last had symptoms 2 months ago.

VITALS: BP: 160/100 **Pulse:** 118; **Temp:** 97; **Resp:** 17; **Ht:** 69 in.; **Wt:** 255.4 lbs.; **BMI:** 37.71; **Pulse Oximetry:** 98%;
FDLMP: 01/15/24

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Farxiga 10 mg tablet
Soliqua 100/33 100 unit-33 mcg/mL subcutaneous insulin pen
metformin 1,000 mg tablet (TAKE 1 TABLET BY MOUTH TWICE DAILY WITH MEALS)
rosuvastatin 10 mg tablet (TAKE 1 TABLET BY MOUTH ONCE DAILY AT BEDTIME)

PAST MEDICAL HISTORY: T2DM, HTN, HLD, PCOS, irregular menses, medication noncompliance.

PAST SURGICAL HISTORY: tonsils and adenoids.

SOCIAL HISTORY: Works on campus in the library tower. Denies smoking, drinking, or illicit drug use.

FAMILY HISTORY:

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.

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RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

GASTROINTESTINAL: No CVA tenderness.

MUSCULOSKELETAL: Normal range of movement x 4 extremities

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:

GC AND CHLAMYDIA COLLECTION (1 unit(s)): In-House Lab
STREP A (1 unit(s)): In-House Lab
UA (1 unit(s)): In-House Lab
CULTURE, URINE, ROUTINE (QUEST) (1 unit(s)): Quest Diagnostics
INFLUENZA (1 unit(s)): In-House Lab
URINE PREG TEST (1 unit(s)): In-House Lab
Abbott COVID Rapid Test (1 unit(s)): In-House Lab

RESULTS:

UA:

Appearance: cloudy
Color: yellow
Glucose: Positive
Bill: Positive
Ketones: Positive
Sp: 1.010
Blood: Positive
pH: 5
Protein: Positive
Urobilinogen: Positive
Nitrites: Positive
Leukocytes: Positive
CS: yes
Comments: Leuks- 500, Nit positive, Pro- 30, Glucose 100, Ket-15, UBG-1, Bil 1, Bld-50.

STREP A:

Value: Negative

INFLUENZA:

Value: Negative

URINE PREG TEST :

Value: Negative

Abbott COVID Rapid Test:

Value: Positive

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ASSESSMENT:

U07.1 - COVID-19 (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
N39.0 - Urinary tract infection, site not specified
I10 - Essential (primary) hypertension
E11.9 - Type 2 diabetes mellitus without complications
Z11.3 - ECT SCREEN FOR INFECT W SEXL MODE OF TRANSMISS
Z91.148 - Patient's other noncompliance with medication regimen for other reason

PLAN:

We had a long discussion about her noncompliance with her medications and that she needs to follow up with her endocrinologist as soon as possible. She states she does not have a PCP. We discussed risks of HTN and DM such as strokes, heart attacks, neuropathy and kidney damage. She verbalized understanding and states she will call to schedule an appt with her endocrinologist. The meds listed were pulled from her pharmacy records.

She has a UTI- will treat with RX as per below. Recommended increased water intake.

For covid- given AUM COVID care sheet. She does have risks factors (as above) for worsening covid symptoms, but her symptoms are very mild presently. We discussed risks and benefits of paxlovid treatment and both agreed that the risks outweighed the benefits at this point, given her mild symptoms.

Follow up as needed.

Macrobid 100 mg capsule

Refills: 0 Qty: 14 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (100 MG) BY ORAL ROUTE EVERY 12 HOURS WITH FOOD

Electronically signed by Lindsey Barton, CRNP on 02/28/24 10:57 AM

L Barton, CRNP