

Episodic Visit: HEENT Focused Soap Note

[REDACTED]

PRAC 6568 Synthesis in Advance Nursing Practice of Patients in Family Care Settings

[REDACTED]

Patient Information:

CG, 39, Female, White

S.

CC: “Intermittent runny nose with watery eyes, and itchy throat x 10 days”

HPI: This is a 39 y/o Caucasian female who presents to the office with c/o intermittent clear runny nose for the past 10 days. Reports associated symptoms of mild fatigue, intermittent pruritus of the nose, and oropharynx with non-productive cough, mild sinus pressure, itchy watery eyes, and occasional sneezing. The patient believes experiencing low-grade fever the first couple of days but never measure it. Has tried Tylenol cold and flu symptoms OTC the first couple of days with very mild relief. Has tried and continues to use Afrin OTC which has provided relief with sneezing and rhinorrhea. However, she continues to experience severe nasal congestion if “not worse”. Reports symptoms are worse when exposed to the outdoors but she is not sure about it. The severity of congestion symptoms is rated 7/10 and described as pressure over the frontal sinuses and “nose” Reports tested negative for Covid at home multiple times and denies any known exposure to Covid or anyone else with similar symptoms. Denies HX of asthma or eczema. Not sure if she has had seasonal allergies vs. “colds” in the past.

Current Medications:

Multivitamins –women, OTC daily

Allergies: NKA

PMHx:

Abnormal Pap smear of Cervix - 2013

Immunizations UTD.

Flu vaccine 11/03/2022

Moderns 1st dose 12/28/2020

Moderna 2d dose 01/20/2021

Moderna Booster 10/28/2021

Surgical History:

Cervical Biopsy w/loop electrode excision - 2013

Social and Substance HX: The patient lives in a single-family home with her two daughters, ages 6 and 14, and her husband of 17 years. She has been an accountant for 15 years. Reports she has never used or smoked tobacco products and reports occasional drinking during social events averaging 0.0-1.0 standard drinks per week. Denies any illicit drug use. Reports eating healthy meals, and exercising regularly by going to the gym 3 times a week, and engaging in 45 cardio each time. The household is equipped with smoke and CO2 detectors. The patient wears a seatbelt when in a motor vehicle.

Family HX:

Mother: Healthy and alive. Age 64

Father: HTN. Alive. Age 68

Maternal Grandmother: Deceased- unknown HX

Maternal Grandfather: Alive, HTN. Age 88

Paternal Grandmother: Deceased- unknown HX

Paternal Grandfather: Deceased- unknown HX

Mental Hx: None Reported.

Violence Hx: None Reported

ROS