

Auburn Montgomery Student Health Services

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

Date: 02/25/22

PATIENT: YOUNG, BELINDA **DOB:** 09/28/1959 **Gender:** FEMALE **MRN:** 1020 **AGE:** 62 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: spot on throat

HISTORY OF PRESENT ILLNESS: Pt reports seeing a "pocket" in the back of her throat on Sunday afternoon. She has been having some post nasal gtt. She denies congestion, N/V/D. She denies fever, body aches, chills. No loss of taste or smell. She reports having seasonal allergies.

VITALS: BP: 148/93 **Pulse:** 91; **Temp:** 96.8; **Resp:** 16; **Ht:** 61.5 in.; **Wt:** 174 lbs.; **BMI:** 32.34; **Pulse Oximetry:** 99%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Vitamin D2 1,250 mcg (50,000 unit) capsule (1 capsule po weekly)
cetirizine 10 mg tablet (1 tablet by mouth daily)
clotrimazole 1 % topical cream (APPLY TO THE AFFECTED AND SURROUNDING AREAS OF SKIN BY TOPICAL ROUTE 2 TIMES PER DAY.)
omeprazole 20 mg capsule, delayed release (1 tablet by mouth daily)
triamcinolone acetonide 0.1 % topical cream (Apply to affected areas twice daily)
vitamin E 100 unit capsule (1 tablet by mouth daily)

PAST MEDICAL HISTORY: Hay Fever/Allergies; Headache; mumps, pregnancy, chicken pox

PAST SURGICAL HISTORY: Wisdom teeth

FAMILY HISTORY: Mother with history of: diabetes and HTN; Father with history of: HTN, stroke--deceased at age 60; Brother with history of: diabetes, HTN; Maternal Grandfather with history of: diabetes--deceased; Maternal Grandmother with history of: diabetes, HTN, Liver Ca--deceased; Paternal Grandmother with history of: diabetes, HTN

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- erythema 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.

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.

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ASSESSMENT:

J30.2 - Other seasonal allergic rhinitis (PRIMARY)
R09.82 - Postnasal drip

PLAN:

Pt here for "pocket/spot" on the back of her throat. Nothing seen on exam, normal exam. Advised to continue Zyrtec for post nasal gtt. Advised to call if fever develops or if her s/s worsen. She agrees.

Electronically signed by Maranda Fain, CRNP on 02/25/22 1:53 PM

M. Fain, CRNP