

Auburn Montgomery Student Health Services

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

Date: 08/19/19

PATIENT: REYNOLDS, TAMEKIA **DOB:** 10/04/1983 **Gender:** **MRN:** 1102 **AGE:** 35 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: URI

Symptoms: Started yesterday with slight congestion and sore throat. Today is completely congested with sinus pressure and a dry cough. +HA, but no known fever.

Other: Took Benadryl for symptoms this morning without resolution of symptoms.

VITALS: BP: 134/87 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 84; **Temp:** 99.2

ALLERGIES: Penicillins

MEDICATIONS:

Mirena 20 mcg/24 hours (5 yrs) 52 mg intrauterine device

PAST MEDICAL HISTORY: Nothing significant

PAST SURGICAL HISTORY: none

SOCIAL HISTORY:

FAMILY HISTORY: None identified

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Fever, Patient is positive for: Fatigue, Malaise,

ENMT: Patient is positive for: cough, congestion, sinus pain, sore throat, Patient is positive for: cough, runny nose, congestion, sore throat, Rhinorrhea,

HEENT: Patient is positive for: Itching,

CARDIOLOGIC: All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope.

RESPIRATORY: Patient is positive for: Cough,

GASTROINTESTINAL: All negative for abdominal pain, appetite loss, anorexia, belching, constipation, diarrhea, flatulence, heartburn, hematchezia, hematemesis, indigestion, mass, swelling and ulcers.

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins.

NEUROLOGIC: All negative for headache, difficulty with vision, numbness in hands and feet, hot flashes, and night sweats.

PHYSICAL EXAMINATION:

GENERAL: Patient appears consistent with age, well developed/nourished, appears unwell, and alert and oriented x 3.

HEENT: EOMI, PERRLA, lids and conjunctivae appear slightly red, sclera white.

EARS: Ears appear normal. TM's intact and reflect NL. External auditory canal clear.

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NOSE: Septum without Deviation; Clear rhinorrhea; Nasal mucosa dull; Sinus nontender;

THROAT: Throat red; Posterior Nasal Drainage; No Tonsillar Hypertrophy; No exudates;

NECK: Neck is supple, no tracheal deviation, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR without murmur. no clicks, gallops or rubs. Heart sounds of normal intensity.

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales; Breath Sounds Symmetric; Non-productive cough present.

GASTROINTESTINAL: Abdomen soft, nondistended, nontender; no rebound rigidity or guarding; bowel sounds symmetric x4.

NEUROLOGIC: DTR's and +2/4 and bilaterally symmetric for upper and lower extremities. Cranial nerves grossly intact. No focal deficit.

PSYCHIATRIC: Alert and oriented x3; Mood and affect appropriate.

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)

R05 - Cough

PLAN:

prednisone 5 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKAGE

Instructions: DISP 6 DAYS. TAKE AS DIRECTED

Discussed Viral upper respiratory infections and written information provided on treatment.

OTC meds: Tylenol or Ibuprofen, Mucinex DM, Zyrtec, Robitussin or Delsym.

If not improving or becoming worse, RTC.

Electronically signed by Carol Stewart, NP on 08/19/19 4:47 PM