

**Auburn Montgomery Student Health Services**

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

**Date:** 11/19/19

**PATIENT:** SHIFTER, COLLEEN    **DOB:** 03/08/1974    **Gender:**    **MRN:** 1103    **AGE:** 45 Years

**VISIT TYPE:** Office Visit New

**CHIEF COMPLAINT:** URI

Symptoms: Started last Friday with cough and congestion. Sore throat. Congestion is clear. +sinus pressure. Worst symptom is the cough and congestion. ears feel full and has tooth pain.

Location: Head

ModFact: has been taking OTC medications.

**VITALS:** BP: 124/85    **Site:** LEFT ARM    **Position:** SITTING    **Pulse:** 82;    **Temp:** 98.7;    **Ht:** 68.7 in.;    **Wt:** 184.9 lbs.;    **BMI:** 27.54

**ALLERGIES:** No Known Drug Allergies

**PAST MEDICAL HISTORY:** Depression

**PAST SURGICAL HISTORY:** Partial hysterectomy

**SOCIAL HISTORY:** Does not use tobacco; Does not use recreational drugs;

**FAMILY HISTORY:**

Mother: Mental illness

Father: ETOH abuse

Maternal Grandfather: ETOH abuse

Maternal Grandmother: Heart DZ

Paternal Grandfather: Heart DZ'

Paternal Grandmother: Sudden cardiac arrest

Maternal Aunt: Cancer

**REVIEW OF SYSTEMS:**

CONSTITUTIONALS: Patient denies: Fever,

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

**PHYSICAL EXAMINATION:**

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

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

EARS: TM's intact, no redness, fluid present bilaterally

NOSE: Congested, sinus pressure,

THROAT: Throat is red, no tonsillar hypertrophy, and no exudates.

NECK: Neck is supple, FROM, no JVD, anterior cervical lymphadenopathy.

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

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

**ASSESSMENT:**

H65.03 - Acute serous otitis media, bilateral (PRIMARY)  
J01.00 - Acute maxillary sinusitis, unspecified

**PLAN:**

azithromycin 250 mg tablet  
Refills: 0 Qty: 1 PACKAGE  
Instructions: TAKE AS DIRECTED(ZPACK)

prednisone 5 mg tablet  
Refills: 0 Qty: 1 PACKAGE  
Instructions: DISP 6 DAYS. TAKE AS DIRECTED ON PACKAGE

OTC Mucinex DM q 12 hours, Tylenol or Ibuprofen.

Saline nasal spray prn.

RTC if not improving or becoming worse.

Electronically signed by Carol Stewart, NP on 11/19/19 10:14 AM