

Auburn Montgomery Student Health Services

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

Date: 02/21/20

PATIENT: HOLLEY, JAMIKA **DOB:** 02/06/1980 **Gender:** **MRN:** 1161 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Cold symptoms

Symptoms: Patient reports coughing, scratchy throat, sneezing, sinus drainage, and left ear pain x 1 week. Patient reports symptoms are worse today. Denies fever.

ModFact: Tried Nyquil, Theraflu that did not help her symptoms.

VITALS: BP: 127/89 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 95; **Temp:** 98.6; **Resp:** 12; **Ht:** 64 in.; **Wt:** 200 lbs.;
BMI: 34.33; **Pulse Oximetry:** 96%

ALLERGIES: Sulfa (Sulfonamide Antibiotics) ((Urticaria NOS) or (hives))

MEDICATIONS:

Depo-Provera 150 mg/mL intramuscular suspension (1 mL IM q 3 months)

Nexium 40 mg capsule, delayed release (1 capsule po daily)

albuterol sulfate 2.5 mg/3 mL (0.083 %) solution for nebulization (1 ampule every 4-6 hours as needed)

PAST MEDICAL HISTORY: allergic rhinitis Hay Fever/Allergies Asthma; Reflux, IBS--constipation, arthritis, Depression, Eczema, headaches, hives, HTN, Pneumonia, Sinusitis, seborrheic dermatitis

PAST SURGICAL HISTORY: D&C, C-section, Nasal surgery, Tonsillectomy

SOCIAL HISTORY: Does not use tobacco; Consumes alcohol. Frequency: occasionally. Type: wine Does not exercise regularly;

FAMILY HISTORY: Mother with history of: pancreatic--deceased at age 82; Father with history of: heart disease; Sister with history of: alcohol abuse; Brother with history of: bone, kidney

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient denies: Fever, Chills,

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

RESPIRATORY: Patient is positive for: Cough, Wheeze, Patient denies: SOB,

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

HEENT: Normocephalic; Conjunctiva Clear; Sclera White; Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

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

NOSE: Septum without Deviation; Purulent rhinorrhea; Turbinate Hypertrophy on Right; Turbinate Hypertrophy on Left; Bilateral Maxillary Sinus Tenderness;

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

NECK: Neck Supple; Full Range of Motion; Bilateral Anterior Cervical Lymphadenopathy;

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CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

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

NEUROLOGIC: No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

ASSESSMENT:

J45.901 - UNSPECIFIED ASTHMA WITH (ACUTE) EXACERBATION (PRIMARY)
J01.90 - ACUTE SINUSITIS, UNSPECIFIED

PLAN:

prednisone 5 mg tablets in a dose pack
Refills: 0 Qty: 1 PACKAGE
Instructions: TAKE AS DIRECTED

guaifenesin ER 600 mg tablet, extended release 12 hr
Refills: 0 Qty: 10 TABLET(S)
Instructions: TAKE 1 TABLET (600 MG) BY ORAL ROUTE EVERY 12 HOURS AS NEEDED

Xyzal 5 mg tablet
Refills: 1 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

montelukast 10 mg tablet
Refills: 2 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

amoxicillin 875 mg-potassium clavulanate 125 mg tablet
Refills: 0 Qty: 14 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

Follow up PRN or if condition worsens OR sooner if needed.

AUM Instruction Sheet Handout

Electronically signed by Melodye Harvey, CRNP on 02/21/20 11:30 AM