

**Auburn Montgomery Warhawk Health Services**

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

**Date:** 02/12/24

**PATIENT:** ARRINGTON, PAUL    **DOB:** 08/17/1986    **Gender:** MALE    **MRN:** 1186    **AGE:** 37 Years

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** Patient presents to clinic with c/o congestion, sore throat, headache and productive cough, which consisted of thick yellow /green sputum. He reports majority of symptoms began on Saturday, but reports congestion began Thursday.

**VITALS:** BP: 131/91    **Site:** LEFT ARM    **Position:** SITTING    **Pulse:** 70;    **Temp:** 96;    **Resp:** 18;    **Ht:** 71 in.;    **Wt:** 305.4 lbs.;  
**BMI:** 42.59;    **Pulse Oximetry:** 97%

**ALLERGIES:** Penicillins; Septra

**MEDICATIONS:**

Zithromax Z-Pak 250 mg tablet (TAKE 2 TABLETS (500 MG) BY ORAL ROUTE ONCE DAILY FOR 1 DAY THEN 1 TABLET (250 MG) BY ORAL ROUTE ONCE DAILY FOR 4 DAYS)  
atorvastatin 40 mg tablet  
benzonatate 200 mg capsule (TAKE 1 CAPSULE (200 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED FOR COUGH)  
omeprazole 40 mg capsule, delayed release  
sertraline 50 mg tablet

**PAST MEDICAL HISTORY:** Headaches, anorexia, bulimia, IBS, HTN, Hyperlipidemia.

**PAST SURGICAL HISTORY:** Adenoids removed; knee arthroscopy x 2.

**SOCIAL HISTORY:** Married. Employed here at AUM. Denies smoking, drinking, or illicit drug use.

**FAMILY HISTORY:** Mother- HTN; Father- HTN.

**REVIEW OF SYSTEMS:**

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

**PHYSICAL EXAMINATION:**

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; Positive for maxillary and frontal sinus pressure, with tenderness to bilateral maxillary sinuses. Throat- slightly red 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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

MUSCULOSKELETAL: Normal range of movement x 4 extremities;

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**INTEGUMENTARY:** Warm, dry, intact. No lesions or rash noted.

**NEUROLOGIC:** Alert and Oriented X3. Speech clear. Ambulates with steady gait.

**PSYCHIATRIC:** Appropriate mood and affect.

**ORDERS:**

STREP A (1 unit(s)): In-House Lab  
INFLUENZA (1 unit(s)): In-House Lab  
Dexamethasone 4mg/ml (1.5 unit(s)): Injection  
COVID Rapid Testing (1 unit(s)): In-House Lab

**RESULTS:**

STREP A:  
Value: Negative

INFLUENZA:  
Value: Negative

COVID Rapid Testing:  
Value: Negative

Dexamethasone 4mg/ml:  
Site Given: Left Deltoid  
Dosage Given: 6 milligram(s)  
Administered By: Williford, Joyce - CRNP

**ASSESSMENT:**

J01.00 - ACUTE MAXILLARY SINUSITIS, UNSPECIFIED (PRIMARY)  
R05.9 - COUGH, UNSPECIFIED  
R09.81 - NASAL CONGESTION

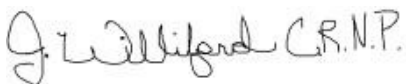
**PLAN:**

Patient was instructed to use OTC Flonase, for nasal congestion. Patient to return to clinic if no improvement in symptoms by Friday, sooner if symptoms worsen. Patient verbalized understanding and agreement to this plan.

azithromycin 250 mg tablet  
Refills: 0 Qty: 6 TABLET(S)  
Instructions: TAKE 2 TABLETS (500 MG) BY ORAL ROUTE ONCE DAILY FOR 1 DAY THEN 1 TABLET (250 MG) BY ORAL ROUTE ONCE DAILY FOR 4 DAYS

benzonatate 200 mg capsule  
Refills: 0 Qty: 30 CAPSULE(S)  
Instructions: TAKE 1 CAPSULE (200 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED FOR COUGH

Electronically signed by Joyce Williford, CRNP on 02/12/24 10:42 AM

 J. Williford CRNP

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