

Auburn Montgomery Student Health Services

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

Date: 05/17/21

PATIENT: ARRINGTON, PAUL **DOB:** 08/17/1986 **Gender:** MALE **MRN:** 1186 **AGE:** 34 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sick visit

HISTORY OF PRESENT ILLNESS: Mr. Arrington presents today for a sick visit. He reports over the past 3-4 days he has had yellow/green phlegm, tight chest, sore throat, cough and body aches. He has been taking OTC Sudafed, and Nasacort. He denies any n/v/d, loss of taste/smell or fever. He has been fully COVID-19 vaccinated.

VITALS: BP: 132/81 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 71; **Temp:** 98.3; **Resp:** 16; **Ht:** 72 in.; **Wt:** 253.5 lbs.;
BMI: 34.38; **Pulse Oximetry:** 100%

ALLERGIES: Penicillins; Septra

PAST MEDICAL HISTORY: Headaches, anorexia, bulimia, IBS

PAST SURGICAL HISTORY: Adenoids removed; knee arthroscopy.

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: 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- + erythematous 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.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

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.

ORDERS:

STREP A (1 unit(s)): In-House Lab
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

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COVID Rapid Testing (1 unit(s)): In-House Lab

RESULTS:

STREP A:

Value: Negative

COVID Rapid Testing:

Value: Negative

Dexamethasone 4mg/ml:

Site Given: Right Gluteus Maximus

Dosage Given: 1 milligram(s)

Administered By: Havard, Jyssica - MA

Depo-Medrol 40mg/ml:

Site Given: Right Gluteus Maximus

Dosage Given: 40 milligram(s)

Administered By: Havard, Jyssica - MA

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)

J02.9 - Acute pharyngitis, unspecified

Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS

PLAN:

Take antibiotic as prescribed. Follow up as needed.

clarithromycin 500 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE EVERY 12 HOURS

Electronically signed by Lindsey Barton, CRNP on 05/17/21 4:35 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.