

Auburn Montgomery Student Health Services

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

Date: 11/19/21

PATIENT: ARRINGTON, PAUL **DOB:** 08/17/1986 **Gender:** MALE **MRN:** 1186 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: congestion, cough

HISTORY OF PRESENT ILLNESS: Pt comes in today with nasal congestion, chest congestion, productive cough, green mucous. This started on Monday. He denies fever, N/V/D, back aches, chills, loss of taste or smell. He is vaccinated for COVID, but not for the flu.

VITALS: BP: 160/108 Site: LEFT ARM Position: SITTING Pulse: 91; Temp: 97.4; Resp: 17; Ht: 71 in.; Wt: 260 lbs.; BMI: 36.26; Pulse Oximetry: 97%

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; Positive for maxillary or frontal sinus tenderness. Throat- pink 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.

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
INFLUENZA (1 unit(s)): In-House Lab
Abbott Binax Now Rapid COVID (1 unit(s)): In-House Lab

RESULTS:

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STREP A:

Value: Negative

INFLUENZA:

Value: Negative

Abbott Binax Now Rapid COVID :

Value: Negative

ASSESSMENT:

R05.9 - COUGH, UNSPECIFIED (PRIMARY)

R09.81 - NASAL CONGESTION

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

R03.0 - ELEVATED BLOOD-PRES READING W/O DIAGNOSIS OF HTN

J01.90 - Acute sinusitis, unspecified

PLAN:

Pt here with cough, sore throat, nasal congestion. Based on exam, appears to be more sinusitis than URI. Will send in antibiotic and medrol dose pack. Pt agrees. Due to BP, asked to not use Sudafed as it can raise BP.

BP elevated today, he reports borderline HTN diagnosis, agrees to see his PCP Dr. Long about the issue and to keep a BP log prior to his visit with them.

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKAGE

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

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 Maranda Fain, CRNP on 11/19/21 8:47 AM

M. Fain, CRNP