

Auburn Montgomery Warhawk Health Services

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

Date: 11/28/22

PATIENT: ARRINGTON, PAUL **DOB:** 08/17/1986 **Gender:** MALE **MRN:** 1186 **AGE:** 36 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sinus pressure/congestion

HISTORY OF PRESENT ILLNESS: Mr. Arrington presents to the clinic with complaints of sinus pressure with congestion, headache, cough x 5 days.

VITALS: BP: 140/87 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 85; **Temp:** 96.5; **Resp:** 16; **Ht:** 71 in.; **Wt:** 298.7 lbs.;
BMI: 41.65; **Pulse Oximetry:** 98%

ALLERGIES: Penicillins; Septra

MEDICATIONS:

atorvastatin 40 mg tablet
omeprazole 40 mg capsule, delayed release
sertraline 50 mg tablet

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; Maxillary and 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.

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; 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.

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PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

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

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Negative

Abbott COVID Rapid Test:
Value: Negative

Dexamethasone 4mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 4 milligram(s)
Administered By: Blackwell, Robin - CRNP

ASSESSMENT:

J01.40 - Acute pansinusitis, unspecified (PRIMARY)
R51.9 - HEADACHE, UNSPECIFIED
Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS
R05.9 - COUGH, UNSPECIFIED
J01.90 - Acute sinusitis, unspecified.

PLAN:

Follow up as needed

Zithromax Z-Pak 250 mg tablet
Refills: 0 Qty: 1 PACKET(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: 21 CAPSULE(S)
Instructions: TAKE 1 CAPSULE (200 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED FOR COUGH

Electronically signed by Robin Blackwell, CRNP on 11/28/22 11:13 AM

Robin Blackwell CNP

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