

Auburn Montgomery Student Health Services

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

Date: 05/19/22

PATIENT: CHILDERS, AMBER **DOB:** 06/29/1986 **Gender:** FEMALE **MRN:** 1264 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sore throat and nasal congestion

HISTORY OF PRESENT ILLNESS: Ms. Childers is a 35 yo female here today for sinus pressure, congestion, and scratchy throat for the past 2 days. Denies fever, ear ache, cough, or sinus drainage. She tested her self for COVID at home the past 2 days and both were negative. She has been using claritin and ninjacof with some relief.

VITALS: BP: 113/74 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 96; **Temp:** 97; **Resp:** 16; **Ht:** 66 in.; **Wt:** 154 lbs.;
BMI: 24.85; **Pulse Oximetry:** 97%; **FDLMP:** 05/13/22

ALLERGIES: Sulfa (Sulfonamide Antibiotics)

PAST MEDICAL HISTORY: Seasonal allergies.

PAST SURGICAL HISTORY:

SOCIAL HISTORY: Works on campus. Drinks alcohol socially. Denies smoking or illicit drug use.

FAMILY HISTORY:

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- 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.

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

INFLUENZA (1 unit(s)): In-House Lab

Flu Test (1 unit(s)): In-House Lab (DELETED)

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RESULTS:

STREP A:

Value: Negative

INFLUENZA:

Value: Negative

ASSESSMENT:

J30.2 - OTHER SEASONAL ALLERGIC RHINITIS (PRIMARY)

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

R09.81 - NASAL CONGESTION

PLAN:

Continue claritin and ninjacof as needed. RX as per below. Follow up as needed.

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKAGE

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Electronically signed by Lindsey Barton, CRNP on 05/19/22 1:15 PM

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