

Auburn Montgomery Warhawk Health Services

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

Date: 03/29/24

PATIENT: TANEJA, AYUSH **DOB:** 03/28/1989 **Gender:** MALE **MRN:** 1274 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Cough, sneezing, itchy eyes

HISTORY OF PRESENT ILLNESS: Mr. Taneja is a 35 yo male here today for itchy eyes, sneezing, runny nose, and productive cough with yellow phlegm for the past 2-3 weeks. He states he has been taking zyrtec otc which helps but he is still coughing up mucus. Denies fever.

VITALS: BP: 120/76 **Pulse:** 77; **Temp:** 97.4; **Resp:** 16; **Ht:** 71 in.; **Wt:** 226.1 lbs.; **BMI:** 31.53; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Fish Oil 1,000 mg (120 mg-180 mg) capsule

PAST MEDICAL HISTORY: Asthma when he was younger, no issues in last 10-15 years. and high cholesterol

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Male, heterosexual. Exercises on a regular basis. Drinks a limited amount of alcohol, occasionally.

FAMILY HISTORY: Father has diabetes

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

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.

ASSESSMENT:

J01.90 - Acute sinusitis, unspecified (PRIMARY)

R05.9 - Cough, unspecified

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PLAN:

Rx as per below. Recommended otc mucinex as well for chest congestion. Follow up as needed.

Bactrim DS 800 mg-160 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

Electronically signed by Lindsey Barton, CRNP on 03/29/24 11:40 AM

L Barton, CRNP