

**Auburn Montgomery Student Health Services**

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

**Date:** 04/13/22

**PATIENT:** FREDERICKS, SARAH    **DOB:** 07/19/1986    **Gender:** FEMALE    **MRN:** 1344    **AGE:** 35 Years

**VISIT TYPE:** Office Visit Established

**CHIEF COMPLAINT:** cough and irregular periods

**HISTORY OF PRESENT ILLNESS:** Ms. Fredericks is a 35 yo female here today for cough for the past 2 weeks. Prior to that she had an upper respiratory infection that has since resolved except for the cough remains. She has a history of bronchitis in the past. Denies fever. She mostly coughs up clear phlegm but occasionally it is green.

She needs refills of her dyazide and singular.

She also c/o irregular periods since taking the Covid vaccine. She reports about a month after taking the vaccine she starting having break through bleeding in between her cycles, that was over a year ago and it has continued.

**VITALS:** BP: 148/96    **Site:** LEFT ARM    **Position:** SITTING    **Pulse:** 99;    **Temp:** 98.3;    **Resp:** 16;    **Ht:** 68 in.;    **Wt:** 287.4 lbs.;  
**BMI:** 43.69;    **Pulse Oximetry:** 98%;    **FDLMP:** 03/22/22

**ALLERGIES:** No Known Drug Allergies

**MEDICATIONS:**

Wellbutrin XL 300 mg 24 hr tablet, extended release (1 tab PO daily)  
hydroxyzine HCl 25 mg tablet (PRN)  
triamterene 37.5 mg-hydrochlorothiazide 25 mg capsule (1 capsule PO daily)

**PAST MEDICAL HISTORY:** Allergies, anxiety, asthma, depression, hearing loss, heart murmur, pneumonia, chicken pox

**PAST SURGICAL HISTORY:** (L) Shattered ankle

**SOCIAL HISTORY:** denies drinking, drugs and smoking

**FAMILY HISTORY:** Mother: diabetes, hypertension Father: diabetes, hypertension

**HEALTH MX HISTORY:**

Pap smear- 2019

**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.

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**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:**

Ninjacof 12.5 mg-12.5 mg/5 mL oral liquid (1 unit(s)): Medication

**ASSESSMENT:**

J20.9 - Acute bronchitis, unspecified (PRIMARY)

R05.9 - Cough, unspecified

N92.6 - Irregular menstruation, unspecified

H81.09 - Meniere's disease, unspecified ear

**PLAN:**

Refill dyazide and singulair. Xulane patch for irregular menses. We discussed she could try it for 6 months to 1 year to try and get her periods back regular. She would like the patch instead of pills. Medrol dose pack for treatment of acute bronchitis. Ninjacof 120 ml bottle given in office w/ instructions on use.

triamterene 37.5 mg-hydrochlorothiazide 25 mg capsule

Refills: 1 Qty: 90 CAPSULE(S)

Instructions: 1 CAPSULE PO DAILY

Singulair 10 mg tablet

Refills: 3 Qty: 90 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

Xulane 150 mcg-35 mcg/24 hr transdermal patch

Refills: 5 Qty: 3 PATCH

Instructions: APPLY 1 PATCH BY TRANSDERMAL ROUTE ONCE WEEKLY

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKAGE

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

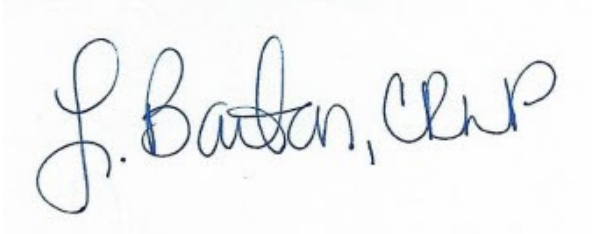
Electronically signed by Lindsey Barton, CRNP on 04/13/22 1:08 PM

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A handwritten signature in blue ink that reads "J. Barton, CNP". The signature is written in a cursive style with a large initial "J" and a stylized "B".