

Auburn Montgomery Student Health Services

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

Date: 06/14/21

PATIENT: BOTTOMS, TIFFANY **DOB:** 06/21/1977 **Gender:** FEMALE **MRN:** 1369 **AGE:** 43 Years

VISIT TYPE: Lab Only

CHIEF COMPLAINT: Sick visit

HISTORY OF PRESENT ILLNESS: Mrs. Bottoms presents today with bilateral ear pain and itching, sore throat, clear sinus drainage, congestion, and cough for the past 4 days. Denies fever, loss of taste/smell. She has been doing a sinus rinse, flonase, and zyrtec with no relief. She is also due for her monthly allergy shots.

She also c/o bilateral lower extremity swelling L>R. Worse when she is at work and sitting all day. She has gained about 70 lbs in the last few years. She is a recovering addict and has been so for the past 6 years and she thinks that is why she has gained so much weight. She is a patient of the CRNP at Auburn University Wellness Center and she manages her BP medications.

VITALS: BP: 95/59 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 76; **Temp:** 98; **Resp:** 18; **Ht:** 65 in.; **Wt:** 292.1 lbs.; **BMI:** 48.6; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Fish Oil 1,000 mg (120 mg-180 mg) capsule
hydrochlorothiazide 12.5 mg tablet (1 tablet daily)
lisinopril 10 mg tablet (1 tablet daily)

PAST MEDICAL HISTORY: Seasonal allergies requiring allergy shots. Sinus infections. HTN. HPV.

PAST SURGICAL HISTORY: cholecystectomy. Uterine ablation.

SOCIAL HISTORY: Denies smoking, drinking, or illicit drug use. History of recovering addict in remission for 6 years now.

FAMILY HISTORY: Mother- HTN, HLD; Father- diabetes, heart disease, 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; No maxillary or frontal sinus tenderness. Throat- pink without exudates. + bilateral tonsil stones. 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

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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
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

STREP A:
Value: Negative

Dexamethasone 4mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 4 milligram(s)
Administered By: Barton, Lindsey - CRNP

Depo-Medrol 40mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 40 milligram(s)
Administered By: Barton, Lindsey - CRNP

ASSESSMENT:

J30.2 - OTHER SEASONAL ALLERGIC RHINITIS (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

Given 2 samples of alahist PE and steroid shot in office. Follow up as needed or if no improvement. Follow up next week for allergy shots.

Electronically signed by Lindsey Barton, CRNP on 06/14/21 3:23 PM



J. Barton, CRNP