

Auburn Montgomery Student Health Services

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

Date: 07/30/21

PATIENT: BOTTOMS, TIFFANY **DOB:** 06/21/1977 **Gender:** FEMALE **MRN:** 1369 **AGE:** 44 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Cough, congestion, fatigue, loss of smell

HISTORY OF PRESENT ILLNESS: Patient presents to clinic with complaints of cough, nasal congestion, runny nose with yellow drainage, fatigue since Wednesday and new loss of smell. Patient is fully vaccinated against COVID as of March 2021. Denies N/V/D, loss of taste, and fever.

VITALS: BP: 130/74 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 84; **Temp:** 99.2; **Resp:** 17; **Ht:** 65 in.; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Alahist PE 2 mg-7.5 mg tablet (1 TABLET PO EVERY 4-6 HRS AS NEEDED FOR SINUS DRAINAGE/CONGESTION)
Fish Oil 1,000 mg (120 mg-180 mg) capsule
Nasonex 50 mcg/actuation Spray (2 sprays each nostril once daily.)
Zyrtec 10 mg tablet (1 tablet PO daily)
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. 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.

Auburn Montgomery Student Health Services

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

Date: 07/30/21

PATIENT: BOTTOMS, TIFFANY **DOB:** 06/21/1977 **Gender:** FEMALE **MRN:** 1369 **AGE:** 44 Years

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
Abbott Binax Now Rapid COVID (1 unit(s)): In-House Lab

RESULTS:

STREP A:
Value: Negative

Abbott Binax Now Rapid COVID :
Value: Negative

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS

PLAN:

Follow up as needed.

Alahist CF 2 mg-10 mg-20 mg tablet
Refills: 5 Qty: 20 TABLET(S)
Instructions: 1 tablet PO every 6 hrs as needed.

Electronically signed by Lindsey Barton, CRNP on 08/03/21 3:38 PM

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