

Auburn Montgomery Student Health Services

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

Date: 08/12/21

PATIENT: MCCORMICK, HEATHER **DOB:** 04/27/1988 **Gender:** FEMALE **MRN:** 1533 **AGE:** 33 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: possible UTI

HISTORY OF PRESENT ILLNESS: Patient presents to clinic stating she feels like she has a UTI. She has been taking over the counter medications but has had very little relief. Symptoms include frequency, small amounts of urine at a time, and a burning sensation that has been present x 1 week. She reports frequent UTIs of average 6 per year for several years. Her last UTI was 1-2 months ago. She has not tried any medication for preventative but she has noticed that when she drinks coke zero she tends to get a UTI as oppose to drinking a regular coke.

She also c/o low back pain in center of the spine for several years. She states it started back when she had her first pregnancy which was 10 years ago. Denies radiation of pain or numbness/tingling down extremities. She will occasionally have intense sharp pain on the left side of her back. Pain is worse with prolonges sitting or standing and with lying flat for long periods. Certain movements also cause her pain. She has tried otc tylenol and motrin with a little bit of relief. She has also tried heating pads that give her relief but then the pain returns. No known injury.

VITALS: BP: 116/80 **Site:** RIGHT ARM **Position:** SITTING **Pulse:** 80; **Temp:** 98.5; **Resp:** 15; **Ht:** 64 in.; **Wt:** 267 lbs.;
BMI: 45.83; **Pulse Oximetry:** 99%; **FDLMP:** 08/09/21

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Ozempic 0.25 mg or 0.5 mg (2 mg/1.5 mL) subcutaneous pen injector (0.5mg once weekly)
Wellbutrin XL 150 mg 24 hr tablet, extended release (1 tablet PO daily)

PAST MEDICAL HISTORY: Frequent UTIs, Chronic low back pain.

PAST SURGICAL HISTORY:

SOCIAL HISTORY: Married. Works on campus.

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.

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. + lumbar vertebral point tenderness. + FROM lumbar spine. Negative SLR bilaterally. No CVA tenderness.

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

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NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

UA (1 unit(s)): In-House Lab
CULTURE, URINE, ROUTINE (QUEST) (1 unit(s)): Quest Diagnostics

RESULTS:

UA:
Appearance: bloody
Color: red
Glucose: Negative
Bill: Positive
Ketones: Negative
Sp: 1.020
Blood: Positive
pH: 5
Protein: Positive
Urobilinogen: Positive
Nitrites: Positive
Leukocytes: Positive
CS: yes
Comments: Leuk: 500; Nit: positive; URG >12; Bil: 6; Blood: 250 (patient is currently on her cycle.

ASSESSMENT:

N39.0 - URINARY TRACT INFECTION, SITE NOT SPECIFIED (PRIMARY)
M54.5 - Low back pain

PLAN:

Continue heating pads for low back pain. Rx for flexeril prn muscle spasms. otc ibuprofen as needed for pain.
Referral MRI L-spine.

UTI- treat as per below. Follow up with urine culture. Return to clinic after completing antibiotics for recheck UA.
Discussed starting macrobid for preventative after completion of UTI treatment. She verbalized understanding.
Consider urology eval for frequent UTIs.

Macrobid 100 mg capsule
Refills: 0 Qty: 14 CAPSULE(S)
Instructions: TAKE 1 CAPSULE (100 MG) BY ORAL ROUTE EVERY 12 HOURS WITH FOOD

Pyridium 100 mg tablet
Refills: 0 Qty: 6 TABLET(S)
Instructions: TAKE 1 TABLET (100 MG) BY ORAL ROUTE 3 TIMES PER DAY AFTER MEALS AS NEEDED for urinary spasms

cyclobenzaprine 5 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE 3 TIMES PER DAY as needed for muscle spasms

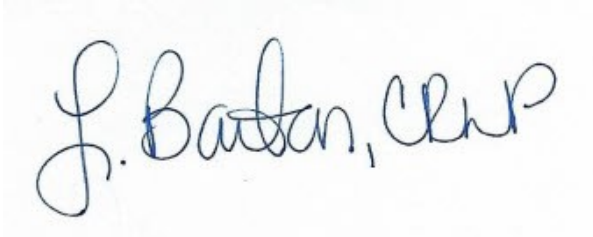
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Electronically signed by Lindsey Barton, CRNP on 08/12/21 7:24 PM

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