

Auburn Montgomery Student Health Services

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

Date: 10/29/21

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: nasal congestion, sinus pressure, cough

HISTORY OF PRESENT ILLNESS: Pt started having congestion with cough, runny nose, sinus pressure on Wednesday. No fever, body aches, chills. Denies sore throat. She reports green mucous.

VITALS: BP: 140/89 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 83; **Temp:** 98.2; **Resp:** 17; **Ht:** 64 in.; **Wt:** 258 lbs.;
BMI: 44.28; **Pulse Oximetry:** 100%; **FDLMP:** 10/09/21

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)
cyclobenzaprine 5 mg tablet (TAKE 1 TABLET (5 MG) BY ORAL ROUTE 3 TIMES PER DAY as needed for muscle spasms)
ergocalciferol (vitamin D2) 1,250 mcg (50,000 unit) capsule (1 capsule PO once a week)

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.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear. Ear canals are patent. Nose- septum- midline; Maxillary sinus tenderness. Throat- erythema 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.

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:

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Rocephin 1G (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

Rocephin 1G:
Site Given: Left Ventral Gluteal
Dosage Given: 1 gram(s)
Administered By: Bicknell, Miranda - RN

Dexamethasone 4mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 4 milligram(s)
Administered By: Bicknell, Miranda - RN

Depo-Medrol 40mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 40 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)
R09.81 - Nasal congestion
R05.9 - Cough, unspecified

PLAN:

Pt here with congestion, cough, green mucous. Vaccinated against COVID. Maxillary sinus tenderness. Will treat for sinusitis. Rocephin and Steroid injection in office. Will send in antibiotics. She agrees. Requests Diflucan due to previous yeast infections with antibiotics.

Zithromax Z-Pak 250 mg tablet
Refills: 0 Qty: 1 PACKAGE
Instructions: TAKE 2 TABLETS (500 MG) BY ORAL ROUTE ONCE DAILY FOR 1 DAY THEN 1 TABLET (250 MG) BY ORAL ROUTE ONCE DAILY FOR 4 DAYS

Electronically signed by Maranda Fain, CRNP on 10/29/21 3:00 PM

M. Fain, CRNP