

Auburn Montgomery Warhawk Health Services

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

Date: 08/26/22

PATIENT: KENNINGTON, CARRIE **DOB:** 10/17/1984 **Gender:** FEMALE **MRN:** 1536 **AGE:** 37 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: UTI symptoms and sinus symptoms

HISTORY OF PRESENT ILLNESS: Patient presents with complaints of urinary urgency with pressure and frequency x 1 month, Patient was drinking cranberry juice and symptoms improved, but reports symptoms worsened since Tuesday this week. Denies fever, N/V.

Patient also has complaints of sinus pressure and nasal congestion x 1 month.

VITALS: BP: 128/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 81; **Temp:** 98.2; **Resp:** 16; **Ht:** 64 in.; **Wt:** 249.4 lbs.;
BMI: 42.8; **Pulse Oximetry:** 99%; **FDLMP:** 08/16/22

ALLERGIES: No Known Drug Allergies; methylene blue ((Visual disturbances NOS) or (amblyopia) or (blurred vision))

MEDICATIONS:

Allegra Allergy 180 mg tablet (1 tablet daily by mouth as needed)

Pepcid 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE 2 TIMES PER DAY for acid reflux)

PAST MEDICAL HISTORY: seasonal allergies, UTIs.

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: denies tobacco, alcohol, and illicit drug use. Works on campus in HR. Married w/ 1 child.

FAMILY HISTORY: Father- afib; Mother- HLD; Grandparent- CVA; breast cancer.

HEALTH MX HISTORY:

Pap smear- April 2021- normal

Mammogram- Dense breast tissue, otherwise normal (self-report) 2021

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; Right maxillary and left 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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. No CVA tenderness.

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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:

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

RESULTS:

UA:

Appearance: clear
Color: yellow
Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.010
Blood: Negative
pH: 6.5
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Negative
CS: yes

ASSESSMENT:

R35.0 - FREQUENCY OF MICTURITION (PRIMARY)
J01.90 - ACUTE SINUSITIS, UNSPECIFIED
R39.89 - OTHER SYMPTOMS AND SIGNS INVOLVING THE GU SYSTEM
R39.15 - Urgency of urination

PLAN:

Urine culture sent. Will treat with Bactrim to cover UTI symptoms and sinus infection. Increase water intake and avoid caffeine.

Bactrim DS 800 mg-160 mg tablet

Refills: 0 Qty: 14 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS FOR 7 DAYS

Electronically signed by Robin Blackwell, CRNP on 08/26/22 10:20 AM

Robin Blackwell CNP

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