

Auburn Montgomery Student Health Services

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

Date: 11/16/21

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sick Visit

HISTORY OF PRESENT ILLNESS: Pt comes in today with c/o bilateral ear pain, post nasal gtt, sinus pressure, sore throat. Her child was diagnosed with strep last Wednesday. She is vaccinated against COVID 19, not the flu. She denies fever, chills, body aches, N/V/D, loss of taste or smell.

VITALS: BP: 126/78 **Pulse:** 95; **Temp:** 98.9; **Resp:** 17; **Ht:** 64 in.; **Wt:** 258.8 lbs.; **BMI:** 44.42; **Pulse Oximetry:** 100%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Allegra Allergy 180 mg tablet (1 tablet PO daily.)

Bactrim DS 800 mg-160 mg tablet (TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS)

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup (TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 6-8 HOURS)

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.

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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

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.

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PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

STREP A (1 unit(s)): In-House Lab

RESULTS:

STREP A:
Value: Negative

ASSESSMENT:

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED (PRIMARY)
R09.82 - POSTNASAL DRIP
H92.09 - OTALGIA, UNSPECIFIED EAR
J06.9 - Acute upper respiratory infection, unspecified
J30.2 - Other seasonal allergic rhinitis

PLAN:

Pt here with URI s/s. Clear drainage. No fevers. Strep negative. Will send in Bromfed and Steroid dose pack. Asked her to continue her Allegra as well. Pt agrees. Will call if she develops yellow or green drainage.

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup
Refills: 0 Qty: 120 ML(S)
Instructions: TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 6 HOURS

Medrol (Pak) 4 mg tablets in a dose pack
Refills: 0 Qty: 1 PACKAGE
Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Electronically signed by Maranda Fain, CRNP on 11/16/21 3:46 PM

M. Fain, CRNP