

Auburn Montgomery Student Health Services

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

Date: 12/07/21

PATIENT: GILES, MEONKA **DOB:** 04/19/1991 **Gender:** FEMALE **MRN:** 1581 **AGE:** 30 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Headache, sinus pressure and drainage.

HISTORY OF PRESENT ILLNESS: Mrs. Giles is a 30 yo female here today for headache, sinus pressure, runny nose and congestion that started yesterday. Denies sore throat, cough, fever, or loss of taste/smell. She tried advil cold and sinus this morning with no relief.

VITALS: BP: 136/85 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 89; **Temp:** 98; **Resp:** 17; **Ht:** 66 in.; **Wt:** 250.5 lbs.;
BMI: 40.43; **Pulse Oximetry:** 100%; **FDLMP:** 11/15/21

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Junel FE 1/20 (28) 1 mg-20 mcg (21)/75 mg (7) tablet (1 tablet daily)

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: C-section 2019

SOCIAL HISTORY: Works on campus. Drinks alcohol socially. Denies smoking or illicit drug use.

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; + clear rhinorrhea. 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.

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

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

INFLUENZA (1 unit(s)): In-House Lab

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THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection
Abbott Binax Now Rapid COVID (1 unit(s)): In-House Lab

RESULTS:

INFLUENZA:

Value: Negative

Abbott Binax Now Rapid COVID :

Value: Negative

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:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)

R51.9 - HEADACHE, UNSPECIFIED

Z20.822 - CONTACT WITH AND (SUSPECTED) EXPOSURE TO COVID-19

PLAN:

Rx as per below. Follow up if no improvement or worsening symptoms.

Alahist PE 2 mg-7.5 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: 1 tablet PO every 4-6 hrs as needed for congestion and cold symptoms.

Electronically signed by Lindsey Barton, CRNP on 12/07/21 11:27 AM



J. Barton, CRNP