

Auburn Montgomery Warhawk Health Services

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

Date: 03/10/23

PATIENT: GARDNER, JENNIFER **DOB:** 07/23/1987 **Gender:** FEMALE **MRN:** 1728 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Upper Respiratory symptoms

HISTORY OF PRESENT ILLNESS: Ms. Gardner presents to the clinic with complaints of nasal congestion with sinus pressure, headache, right ear pressure with pain and body aches x 1 week. She also reports having a sore throat a few days ago. She has tried Ibuprofen for her headache, last dose on Wednesday.

VITALS: BP: 124/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 103; **Temp:** 97.5; **Resp:** 16; **Ht:** 63 in.; **Wt:** 157.6 lbs.; **BMI:** 27.91; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

intrauterine device (IUD)

PAST MEDICAL HISTORY: migraines

PAST SURGICAL HISTORY: denies

SOCIAL HISTORY: Married. 2 Children. Works on campus. denies tobacco and illicit drug use; occasional alcohol use

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. Left ear canal is patent. Right ear canal is 80% blocked with honey colored cerumen. Nose- septum- midline; No maxillary sinus tenderness noted. Frontal sinus tenderness noted. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

POST CERUMEN EAR REMOVAL: right ear is 100% clear of cerumen. Fluid noted to right ear. Right TM visualized and is slightly erythematous but not bulging.

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.

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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:

Ear Irrigation (1 unit(s)): Surgical Procedure
Abbott COVID Rapid Test (1 unit(s)): In-House Lab
STREP A (1 unit(s)): In-House Lab
INFLUENZA (1 unit(s)): In-House Lab
Toradol 60 MG (1 unit(s)): Injection
Dexamethasone 4mg/ml (2 unit(s)): Injection

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Negative

Abbott COVID Rapid Test:
Value: Negative

Toradol 60 MG :
Site Given: Left Ventral Gluteal
Dosage Given: 60 milligram(s)
Administered By: Bicknell, Miranda - RN

Dexamethasone 4mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 8 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

J01.10 - ACUTE FRONTAL SINUSITIS, UNSPECIFIED (PRIMARY)
Z20.828 - CONTACT W AND EXPO TO OTH VIRAL COMMUNICABLE DIS
H61.21 - IMPACTED CERUMEN, RIGHT EAR
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R09.81 - NASAL CONGESTION
R51.9 - HEADACHE, UNSPECIFIED
H92.01 - OTALGIA, RIGHT EAR

PLAN:

Take RX's as directed. May take Ibuprofen for body aches or headache. Follow up as needed.

Patient verbally consents to cerumen removal procedure to right ear. Patients right ear was irrigated with warm water and peroxide. Removed cerumen completely from right ear. Patient tolerated procedure well.

amoxicillin 875 mg-potassium clavulanate 125 mg tablet
Refills: 0 Qty: 14 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS FOR 7 DAYS

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fluticasone propionate 50 mcg/actuation nasal spray,suspension

Refills: 1 Qty: 1 UNIT(S)

Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE DAILY

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup

Refills: 0 Qty: 280 ML(S)

Instructions: TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 4 HOURS AS NEEDED FOR
COUGH/CONGESTION. DO NOT EXCEED 40 ML/DAY

Electronically signed by Robin Blackwell, CRNP on 03/10/23 11:17 AM

Robin Blackwell CNP