

Auburn Montgomery Warhawk Health Services

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

Date: 11/30/22

PATIENT: WITCHER, HEATHER **DOB:** 06/08/1988 **Gender:** FEMALE **MRN:** 1758 **AGE:** 34 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Sinus congestion

HISTORY OF PRESENT ILLNESS: Ms. Witcher presents to the clinic with complaints of nasal congestion with sinus pressure, facial pain, right ear throbbing and dry cough x 2 weeks. She recently went to UC before Thanksgiving and was treated with Amoxicillin and steroid pak. She has completed these medications and has no relief. She was tested for the flu and COVID at UC and both were negative.

VITALS: BP: 118/86 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 98; **Temp:** 98.4; **Resp:** 16; **Ht:** 62 in.; **Wt:** 151.1 lbs.;
BMI: 27.63; **Pulse Oximetry:** 98%; **FDLMP:** 11/23/22

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: C-sections

SOCIAL HISTORY: Denies smoking, ETOH or illicit drug 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. Ear canals are patent. Fluid noted in right ear. Nose- septum- midline; Maxillary and frontal sinus tenderness noted. 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.

PSYCHIATRIC: Appropriate mood and affect.

ASSESSMENT:

J01.40 - Acute pansinusitis, unspecified (PRIMARY)

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R05.9 - Cough, unspecified

H65.191 - Other acute nonsuppurative otitis media, right ear

PLAN:

Take RX's as directed. Follow up as needed.

doxycycline hyclate 100 mg capsule

Refills: 0 Qty: 14 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (100 MG) BY ORAL ROUTE 2 TIMES PER DAY FOR 14 DAYS

benzonatate 200 mg capsule

Refills: 0 Qty: 21 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (200 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED FOR COUGH

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension

Refills: 0 Qty: 1 APPLICATOR(S)

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

Electronically signed by Robin Blackwell, CRNP on 11/30/22 3:06 PM

Robin Blackwell CNP