

Auburn Montgomery Student Health Services

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

Date: 11/22/21

PATIENT: MENSE, HEIDI **DOB:** 06/12/1982 **Gender:** FEMALE **MRN:** 1989 **AGE:** 39 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sinus pressure, left ear pain, left facial pain, headache, and post nasal drip

HISTORY OF PRESENT ILLNESS: Pt is here with above s/s. They started 3 days ago. No fevers. Vaccinated against COVID and Flu. Clear drainage.

VITALS: BP: 121/73 **Site:** RIGHT ARM **Position:** SITTING **Pulse:** 65; **Temp:** 97.1; **Resp:** 16; **Ht:** 73 in.; **Wt:** 173 lbs.;
BMI: 22.82; **Pulse Oximetry:** 100%; **FDLMP:** 11/10/21

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: Seasonal allergies

SOCIAL HISTORY: Denies tobacco, recreational drug, ETOH abuse.

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; Left sided maxillary or frontal sinus tenderness. Throat- erythema without exudates.

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.

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:

R09.81 - Nasal congestion (PRIMARY)
R51.9 - Headache, unspecified
J01.90 - Acute sinusitis, unspecified
J30.2 - Other seasonal allergic rhinitis

PLAN:

Pt here with maxillary and frontal sinus tenderness, HA, congestion, ear pain. No ear infection seen on exam. Will treat for URI, sinusitis, likely allergy r/t. Clear drainage. No need for antibiotic. Will send in Medrol dose pack,

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Bromfed. Advised to take Flonase and Claritin. she agrees. Will call Monday if not better. She agrees.

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKAGE

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

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

Electronically signed by Maranda Fain, CRNP on 11/22/21 10:55 AM

M. Fain, CRNP