

Auburn Montgomery Warhawk Health Services

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

Date: 09/13/23

PATIENT: SALLAS, DERIC **DOB:** 10/21/1988 **Gender:** MALE **MRN:** 227 **AGE:** 34 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sinus drainage x 1 1/2 months

HISTORY OF PRESENT ILLNESS: Mr. Sallas is a 34 yo male here today for sinus drainage mostly going down the back of his throat for the past 1 1/2 to 2 months. He states he was treated for a sinus infection by his PCP back in June with a z-pack. At the time the infection had gotten down in his lungs, so he was also given an albuterol inhaler. He states he had a CXR at the time that was negative.

In July, he was on 8 different planes within 3 weeks. He again was treated for a sinus infection. This time with prednisone and cefuroxime. He states he took the medicine but it was random and it took him about 3 weeks to complete it. He got better but still has drainage down the back of his throat.

Of note, he does have a history of seasonal allergies and is allergic to cats and he has 2 of them in his home. He does not take any otc antihistamines for allergy relief.

VITALS: BP: 128/87 **Pulse:** 88; **Temp:** 98.2; **Resp:** 16; **Ht:** 72 in.; **Wt:** 174 lbs.; **BMI:** 23.59; **Pulse Oximetry:** 98%

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: genetic retinal condition

PAST SURGICAL HISTORY: surgical repair of a Pilonidal cyst,

SOCIAL HISTORY: denies tobacco and illicit drug use; occasional alcohol use

FAMILY HISTORY: Mother- breast cancer; father- prediabetes; maternal grandmother-unknown heart condition on blood thinner medications.

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.

MUSCULOSKELETAL: Normal range of movement x 4 extremities

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.

ASSESSMENT:

J30.9 - Allergic rhinitis, unspecified (PRIMARY)

PLAN:

He has completed 2 rounds of antibiotics. His symptoms sound more allergic opposed to sinusitis. Trial of singulair and xyzal with a medrol dose pack. Follow up if no improvement or worsening symptoms.

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 UNIT(S)

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Singulair 10 mg tablet

Refills: 2 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

Xyzal 5 mg tablet

Refills: 2 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

Electronically signed by Lindsey Barton, CRNP on 09/13/23 6:15 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.