

Auburn Montgomery Student Health Services

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

Date: 11/09/20

PATIENT: HINES, PAIGE **DOB:** 03/05/1977 **Gender:** FEMALE **MRN:** 239 **AGE:** 43 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sinus infection

HISTORY OF PRESENT ILLNESS: Ms. Hines presents today for a sick visit. She reports that since the end of Oct. she has been waking with a headache 4-5 days weekly. She reports it feels like a migraine in her frontal lobe and around her sinus areas. She reports a dry cough only at night. Denies sinus drainage or sore throat. + congestion. No fever, n/v/d, or loss of taste/smell.

VITALS: BP: 130/84 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 53; **Temp:** 97.2; **Resp:** 17; **Ht:** 68.1 in.; **Wt:** 263.3 lbs.; **BMI:** 39.91; **Pulse Oximetry:** 99%

ALLERGIES: Penicillins ((Urticaria NOS) or (hives)); Sulfa (Sulfonamide Antibiotics) ((Urticaria NOS) or (hives))

MEDICATIONS:

Lexapro 20 mg tablet
temazepam 15 mg capsule

PAST MEDICAL HISTORY: Anxiety/depression

PAST SURGICAL HISTORY: Hysterectomy, gastric bypass.

SOCIAL HISTORY:

FAMILY HISTORY: Unknown

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; + Bilateral 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.

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ORDERS:

THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Decadron 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

Decadron 4mg/ml:
Site Given: Right Gluteus Maximus
Dosage Given: 1 milligram(s)
Administered By: Havard, Jyssica - MA

Depo-Medrol 40mg/ml:
Site Given: Right Gluteus Maximus
Dosage Given: 40 milligram(s)
Administered By: Havard, Jyssica - MA

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)
R51.9 - Headache, unspecified

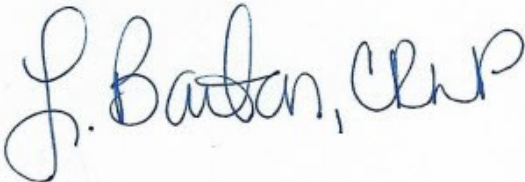
PLAN:

Recommended otc flonase and antihistamine daily. Tylenol or motrin as needed for headache. Follow up as needed or if no improvement.

azithromycin 250 mg tablet
Refills: 0 Qty: 6 TABLET(S)
Instructions: TAKE 2 TABLETS (500 MG) BY ORAL ROUTE ONCE DAILY FOR 1 DAY THEN 1 TABLET daily for 4 days

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension
Refills: 1 Qty: 1 APPLICATOR(S)
Instructions: SPRAY 1 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE twice daily for nasal congestion

Electronically signed by Lindsey Barton, CRNP on 11/09/20 4:12 PM



J. Barton, CRNP

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