

Auburn Montgomery Warhawk Health Services

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

Date: 01/04/23

PATIENT: MEADOWS, LESLIE **DOB:** 02/18/1970 **Gender:** FEMALE **MRN:** 276 **AGE:** 52 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sinus pressure

HISTORY OF PRESENT ILLNESS: Ms. Meadows presents to the clinic with complaints of sinus pressure with congestion and headache that started becoming worse on Monday. She states her allergies along with runny nose started last week and symptoms have progressively become worse. She has tried OTC Sudafed, Mucinex and Zyrtec with some benefit.

VITALS: BP: 133/89 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 95; **Temp:** 98.3; **Resp:** 16; **Ht:** 67 in.; **Wt:** 133.6 lbs.;
BMI: 20.92; **Pulse Oximetry:** 97%; **FDLMP:** 12/21/23

ALLERGIES: Sulfa (Sulfonamide Antibiotics)

MEDICATIONS:

Ortho Tri-Cyclen (28) 0.18 mg(7)/0.215 mg(7)/0.25 mg(7)-35 mcg tablet
triamcinolone acetonide 0.5 % topical cream (APPLY A THIN LAYER TO THE AFFECTED AREA(S) BY TOPICAL ROUTE 2 TIMES PE)

PAST MEDICAL HISTORY: Denies

PAST SURGICAL HISTORY: Sinus surgery 15 years ago

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. Nose- septum- midline; Maxillary and 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.

ASSESSMENT:

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J01.40 - Acute pansinusitis, unspecified (PRIMARY)

PLAN:

Take RX as directed. Follow up as needed.

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

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

Electronically signed by Robin Blackwell, CRNP on 01/04/23 1:06 PM

Robin Blackwell CNP