

Auburn Montgomery Student Health Services

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

Date: 12/10/19

PATIENT: FREEMAN, JULIE **DOB:** 04/27/1957 **Gender:** FEMALE **MRN:** 278 **AGE:** 62 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: URI

Symptoms: Cough and sinus drainage. Has lost her voice. Has body aches but does not think its the flu. +100.8 fever. HA.
ModFact: One other medication: mystolic(?)

VITALS: BP: 127/75 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 77; **Temp:** 98.7

ALLERGIES: Demerol; Lupron; Plaquenil

MEDICATIONS:

Singulair 10 mg tablet
torsemide 5 mg tablet (10mg)

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Fever, Fatigue, Malaise,

ENMT: Patient is positive for: cough, runny nose, congestion, earache, Hoarseness, Hearing Loss, Rhinorrhea,

CARDIOLOGIC: All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope.

RESPIRATORY: Patient is positive for: Cough, Sputum,

GASTROINTESTINAL: All negative for abdominal pain, appetite loss, anorexia, belching, constipation, diarrhea, flatulence, heartburn, hematchezia, hematemesis, indigestion, mass, swelling and ulcers.

MUSCULOSKELETAL: Mild body aches.

NEUROLOGIC: All negative for headache, difficulty with vision, numbness in hands and feet, hot flashes, and night sweats.

PHYSICAL EXAMINATION:

GENERAL: Patient appears consistent with age, well developed/nourished, appears unwell, and alert and oriented x 3.

HEENT: EOMI, PERRLA, lids and conjunctivae appear normal, sclera white.

EARS: TMs intact bilaterally. Left TM: fluid present and slight redness. Right TM: Fluid present, no redness.

NOSE: Congested, clear discharge Pressure over maxillary and frontal sinuses.

THROAT: Throat is red, no tonsillar hypertrophy, and no exudates.

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

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GASTROINTESTINAL: Abdomen soft, nondistended, nontender; no rebound rigidity or guarding; bowel sounds symmetric x4.

PSYCHIATRIC: Alert and oriented x3; Mood and affect appropriate.

ORDERS:

INFLUENZA (1 unit(s)): In-House Lab

RESULTS:

INFLUENZA:
Value: Negative

ASSESSMENT:

J39.9 - DISEASE OF UPPER RESPIRATORY TRACT, UNSPECIFIED (PRIMARY)
H66.90 - Otitis media, unspecified, unspecified ear
J34.89 - Other specified disorders of nose and nasal sinuses

PLAN:

prednisone 20 mg tablet
Refills: 0 Qty: 12 TABLET(S)
Instructions: TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY tid x 2 day then 20 mg bid x 2 days then 20 mg qd x 2 days.

azithromycin 250 mg tablet
Refills: 0 Qty: 1 PACKAGE
Instructions: TAKE AS DIRECTED(ZPACK)

OTC meds: Xyzal, Mucinex DM, Tylenol or ibuprofen etc

Increase fluid intake.

Rest as much as possible.

Electronically signed by Carol Stewart, NP on 12/10/19 11:08 AM