

Auburn Montgomery Student Health Services

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

Date: 08/06/19

PATIENT: DEARDEN, CHRISTY **DOB:** 07/08/1982 **Gender:** FEMALE **MRN:** 283 **AGE:** 37 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: C/O cough and congestion since June,. Has been seen by Dr. Meadows and his Np of two different occasions. Was treated with steroids and Doxycycline with some improvement. However, symptoms tend to recur when off the medication. States she has sinus and CXR's done that were both clear.

VITALS: BP: 138/92 **Site:** RIGHT ARM **Position:** SITTING **Pulse:** 115; **Temp:** 97.8; **FDLMP:** 06/19/19

MEDICATIONS:

Advair Diskus 250 mcg-50 mcg/dose powder for inhalation
Depo-Provera 150 mg/mL intramuscular syringe (Last dose approx June 24th, 2019)

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All negative for fever, chills, nausea, vomiting, dizziness, fatigue, infertility, & malaise. Fever, Chills, Nausea, Vomiting, Dizziness, Patient is positive for: Fatigue, Malaise,

ENMT: Patient is positive for: runny nose, cough, congestion, Patient denies: earache, sore throat, Dysphagia, Hearing Loss,

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

RESPIRATORY: Patient is positive for: Cough, Wheeze,

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

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins.

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. Alert and oriented x 3.

HEAD: Normocephalic, EOMI, PERRLA, lids and conjunctivae appear normal, sclera white, visual fields normal, light reflex present.

EARS: TM's intact and reflect NCL;

NOSE: Nose appears normal. congestion and clear discharge

THROAT: Throat is clear, 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 or rales; intermittent wheezing noted in left base, non-productive cough present.

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no chest wall tenderness.

DERMATOLOGIC: Temperature: warm dry; normal turgor, no jaundice, no signs of infection, no rash or lesions noted.

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)
R05 - Cough

PLAN:

Xyzal 5 mg tablet
Refills: 1 Qty: 30 TABLET(S)
Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

May use OTC meds to manage symptoms: Mucinex DM, Tylenol and or Ibuprofen.

Electronically signed by Carol Stewart, NP on 08/08/19 4:16 PM