

Auburn Montgomery Student Health Services

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

Date: 12/01/21

PATIENT: ASUNCION, BRITTANY **DOB:** 03/25/1986 **Gender:** FEMALE **MRN:** 284 **AGE:** 35 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Cold s/s starting Saturday

HISTORY OF PRESENT ILLNESS: Pt is a 35 YOF who is here today with c/o sore throat, low grade fever, congestion, fatigue, body aches, chills, SOB. She is vaccinated for COVID. She has not had her flu shot. She denies loss of taste or smell, N/V/D. Her s/s started on Saturday, but she is feeling worse.

VITALS: BP: 146/95 **Pulse:** 101; **Temp:** 97.3; **Resp:** 16; **Ht:** 67 in.; **Wt:** 148 lbs.; **BMI:** 23.18; **Pulse Oximetry:** 100%;
FDLMP: 11/30/21

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY:

PAST SURGICAL HISTORY:

SOCIAL HISTORY:

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- erythema 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.

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.

ORDERS:

STREP A (1 unit(s)): In-House Lab

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

Abbott Binax Now Rapid COVID (1 unit(s)): In-House Lab

RESULTS:

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STREP A:

Value: Negative

INFLUENZA:

Value: Negative

Abbott Binax Now Rapid COVID :

Value: Negative

ASSESSMENT:

R05.9 - COUGH, UNSPECIFIED (PRIMARY)

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

R50.9 - FEVER, UNSPECIFIED

J00 - Acute nasopharyngitis [common cold]

J06.9 - Acute upper respiratory infection, unspecified

PLAN:

Pt here with URI/Cold s/s. COVID, Strep, Flu negative. She feels her s/s are worse, she feels NyQuil has not helped. Clear drainage at this time. Will send in Medrol dose pack and Bromfed. Will send in Z pack for URI, she will take it if her drainage starts to change to green or yellow. She agrees. Offered Respiratory Core Swab, she declined.

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKAGE

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Zithromax Z-Pak 250 mg tablet

Refills: 0 Qty: 1 PACKAGE

Instructions: TAKE 2 TABLETS (500 MG) BY ORAL ROUTE ONCE DAILY FOR 1 DAY THEN 1 TABLET (250 MG) BY ORAL ROUTE ONCE DAILY FOR 4 DAYS

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup

Refills: 0 Qty: 120 ML(S)

Instructions: TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 6 HOURS

Electronically signed by Maranda Fain, CRNP on 12/01/21 9:19 AM

M. Fain, CRNP