

Auburn Montgomery Student Health Services

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

Date: 09/07/18

PATIENT: COX, KELLY **DOB:** 01/16/1987 **Gender:** FEMALE **MRN:** 300 **AGE:** 31 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: URI

Symptoms: Came home Sunday with symptoms. Yellow drainage, sore throat that is scratchy. Some cough but it is dry.
No known fever.

Location: Head

Severity: Not improving, worsening.

Duration: Since Sunday

ModFact: History of chronic HA and migraines.

VITALS: BP: 137/84 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 102; **FDLMP:** 09/03/18

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Imitrex 100 mg tablet

Norvasc 10 mg tablet

Tegretol XR 400 mg tablet, extended release

Wellbutrin XL 300 mg 24 hr tablet, extended release

Xanax 1 mg tablet

amitriptyline 150 mg tablet

buspirone 30 mg tablet

tetracycline 250 mg capsule

triamcinolone acetonide 0.1 % topical cream (APPLY BID TO AFFECTED AREA.)

PAST MEDICAL HISTORY: Denies any medical problems.

FAMILY HISTORY:

Mother: 71 HTN, arthritis

Father: 69 HTN, arthritis

Older brother: age 43 no known health problems.

REVIEW OF SYSTEMS:

HPI: Patient presents with complaint of nasal congestion, runny nose, headache and sore throat x 4 days. States went to a festival in Atlanta this weekend, and now all of her friends are sick.

ENMT: Patient is positive for: cough, runny nose, congestion, sore throat,
Light yellow drainage and post nasal drainage. Denies sinus tenderness but admits to some orbital pain. Slight discomfort to left ear.

CARDIOLOGIC: Denies palpitations or pain to chest.

RESPIRATORY: Denies wheezing. Reports non productive cough.

PHYSICAL EXAMINATION:

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

HEENT: lids and conjunctivae appear normal, sclera white.

Auburn Montgomery Student Health Services

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

Date: 09/07/18

PATIENT: COX, KELLY **DOB:** 01/16/1987 **Gender:** FEMALE **MRN:** 300 **AGE:** 31 Years

EARS: Left canal occluded with soft appearing cerumen. Unable to tolerate removal with curette. Right canal with some cerumen, but able to visualize the TM.

NOSE: Sinus nontender; Nasal stuffiness noted.

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

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

CARDIOVASCULAR: HRRR

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales

ASSESSMENT:

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

PLAN:

Provided information concerning URI.

Instructed patient to use OTC medications Afrin and Mucinex for nasal stuffiness and congestion.

Oral Medrol Dose Pack prescription given.

prednisone 5 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKAGE

Instructions: DISP 6 DAYS. TAKE AS DIRECTED

Electronically signed by Carol Stewart, NP on 09/07/18 4:17 PM