

Auburn Montgomery Student Health Services

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

Date: 03/13/18

PATIENT: NIELSON, LORI **DOB:** 12/09/1972 **Gender:** **MRN:** 498 **AGE:** 45 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Nasal congestion

Symptoms: Nasal congestion, post-nasal drip. Congestion thick and starting to turn yellow. Has sinus pressure but no HA. Has some cough.

Duration: 3 weeks.

ModFact: Has been taking decongestants and using cough drops.

Other: Is supposed to be on medication for high triglycerides but is not taking it.

VITALS: BP: 151/93 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 75; **Temp:** 98.7

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Allegra-D 24 Hour 180 mg-240 mg tablet,extended release

Nasacort 55 mcg nasal spray aerosol

PAST MEDICAL HISTORY: History of sinusitis.

PAST SURGICAL HISTORY: Tonsillectomy 1991

FAMILY HISTORY: No significant family health history.

REVIEW OF SYSTEMS:

ENMT: Patient is positive for: cough, congestion, sinus pain,

PHYSICAL EXAMINATION:

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

HEENT: EOMI, PERRLA, lids and conjunctivae appear normal, sclera white. Nose congested. No drainage currently

SINUSES: Pressure over maxillary

EARS: Ears appear normal. TM's intact and reflect NL. External auditory canal clear.

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;

MUSCULOSKELETAL: Gait Normal; No clubbing, cyanosis, or edema of lower extremities;

DERMATOLOGIC: Skin Temperature: Warm Dry;

NEUROLOGIC: Cranial Nerves Intact; No Focal Deficit;

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PSYCHIATRIC: Mood and Affect Appropriate;

ASSESSMENT:

J01.00 - Acute maxillary sinusitis, unspecified (PRIMARY)

J06.9 - Acute upper respiratory infection, unspecified

PLAN:

azithromycin 250 mg tablet

Refills: 0 Qty: 1 PACKAGE

Instructions: TAKE AS DIRECTED(ZPACK)

OTC meds to manage symptoms: Mucinex DM, Flonase etc.

Electronically signed by Carol Stewart, NP on 03/13/18 3:39 PM