

Auburn Montgomery Student Health Services:

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

Date: 01/11/18

PATIENT:JENKINS,BRITTANEY

DOB: 09/15/1989

Gender:

MRN: 370

AGE: 28 Years

Addendum Date: 1/11/2018 4:35:26 PM by Carol Stewart

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: URI

Symptoms: Cough, chills, slight HA. Not sure if she has a fever. Overall doesn't feel good. Brother was diagnosed with the flu yesterday and he lives with her.

VITALS: BP: 157/100 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 91 **BP2:** 170/102 **Site2:** LEFT ARM **Position2:** SITTING; **Temp:** 98.4 BP #2 @ 2:50 194/102; BP # 3 164/92 @ 3:01; BP # 4 200/102 @ 3:30; BP # 4 158/96 @ 4:30

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: MVP, rhinitis,

PAST SURGICAL HISTORY: None

FAMILY HISTORY: Brother with history of: asthma. Mother with history of: Asthma, MVP, Migraines. Father with history of: Deceased in late 40's of MI. Maternal Grandfather with history of: DMII, cataracts. Maternal Grandmother with history of: DMII, CHF. Paternal Grandmother with history of: Unknown. Paternal Grandfather with history of: unknown

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Constitutional Chills, Fatigue, Malaise,

ENMT: cough, Patient denies: runny nose, congestion, sinus pain, earache, sore throat, Bleeding Gums, Dysphagia, Hoarseness, Nose Bleeds, Tinnitus, Rhinorrhea

HEENT: All negative for blurred vision, cataracts, diplopia, dry eyes, drainage, glaucoma, headache, itching, pain, photophobia, and visual loss.

CARDIOLOGIC: hx of mitral valve prolapse

RESPIRATORY: Positive for non-productive Cough, Patient denies: Hemoptosis, SOB, Sputum, Wheeze,

GASTROINTESTINAL: Patient is positive for: appetite loss. Denies abdominal pain, belching, constipation, heartburn.

MUSCULOSKELETAL: Patient denies Extremity Pain, Joint pain,

NEUROLOGIC: Patient denies: Headache, Night sweats,

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.

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

THROAT: Throat is slightly reddened, no tonsillar hypertrophy, and no exudates.

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

CARDIOVASCULAR: HRRR;

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales; cough present

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

DERMATOLOGIC: Skin Temperature: Warm Dry;

NEUROLOGIC: Cranial Nerves Intact; No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate;

ASSESSMENT:

Z20.828 - Contact with and (suspected) exposure to other viral communicable diseases (PRIMARY)

PLAN:

Tamiflu 75 mg capsule

Refills: 0 Qty: 10 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (75 MG) BY ORAL ROUTE 2 TIMES PER DAY

Clonidine 0.1 mg po given at 2:00PM

Clonidine 0.1 mg po given @ 3:15 PM

Over the counter medications to control symptoms: Ibuprofen, Tylenol, Delsym or Robitussin DM.

Rest and do not return to work until 1/15/18

Follow up PRN also if condition worsens or not improved

Electronically signed by Carol Stewart, NP on 01/11/18 2:46 PM