

Auburn Montgomery Student Health Services

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

Date: 02/26/18

PATIENT: ASIRI, FATIMAH **DOB:** 03/31/1991 **Gender:** **MRN:** 388 **AGE:** 26 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Here for follow- up with CRNP.

Symptoms: Medication helped but has continued pressure in sinus area. No fever noted.

COMPLAINT 2: Fatigue

Symptoms: Patient reports being very tired. She says that she took vitamin D for 3 months but did not continue the Vitamin D after that.

VITALS: BP: 97/63 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 76

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Zofran 8 mg tablet (1 tablet po every 8 hours prn)

rizatriptan 5 mg disintegrating tablet (PLACE 1 TABLET (5 MG) ON TOP OF TONGUE, ALLOW TO DISSOLVE THEN SWALLOW. MAY REPEAT DOSE EVERY 8 HOU)

PAST MEDICAL HISTORY: Was hospitalized for HA and Colon in the past

PAST SURGICAL HISTORY: Denies surgical history

SOCIAL HISTORY: Does not exercise regularly; Does wear a seat belt; Does not use tobacco; Does not use tobacco; Does not use alcohol; Does not use recreational drugs;

FAMILY HISTORY: Father has HTN.

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Fatigue,

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

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

HEENT: Normocephalic; EOMI; PERRL Conjunctiva Clear; Sclera White; Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

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

NOSE: Nasal mucosa moist and pink; Clear rhinorrhea; Turbinate Hypertrophy on Right; Bilateral Frontal Sinus Tenderness;

THROAT: Throat mild erythema; Posterior Nasal Drainage; No Tonsillar Hypertrophy; No exudates;

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

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

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RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

NEUROLOGIC: No Focal Deficit; Gait and Station Normal;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

ORDERS:

CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED

Z86.39 - Personal history of other endocrine, nutritional and metabolic disease--Vitamin D Deficiency

R53.83 - Other fatigue

G43.109 - MIGRAINE WITH AURA NOT INTRACT W/O STATUS MIGR

PLAN:

cefdinir 300 mg capsule

Refills: 0 Qty: 20 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (300 MG) BY ORAL ROUTE EVERY 12 HOURS

Restart Vitamin D3 2000-5000 units daily

URI information sheet provided to patient.

Will notify patient of any abnormal lab results.

May use OTC migraine strength medication of choice.

Contact eye doctor with pertinent information prior to appointment today.

RTC for worsening or unresolving symptoms.

Electronically signed by Melodye Harvey, CRNP on 02/26/18 11:49 AM