

Auburn Montgomery Student Health Services

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

Date: 01/25/18

PATIENT: COCHRAN, COURTNEY **DOB:** 04/24/1987 **Gender:** **MRN:** 392 **AGE:** 30 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: URI

Symptoms: Started with chills, cough, body aches last Friday. Then Monday, cough worsened and voice began to diminish. Has not improved any. Denies night sweats.

Severity: Worsening.

Duration: Since Friday.

ModFact: Has not taken anything OTC.

Other: Takes a BCP.

VITALS: BP: 110/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 75; **Temp:** 98; **Ht:** 64.9 in.; **Wt:** 140.9 lbs.; **BMI:** 23.51; **FDLMP:** 01/22/18

MEDICATIONS:

Synthroid 137 mcg tablet

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: headache All negative for fever, chills, nausea, vomiting, dizziness, fatigue, infertility, & malaise.

ENMT: Patient is positive for: cough, congestion, sinus pain, hoarseness. Patient denies: earache, sore throat

EYES: All negative for blurred vision, drainage, glaucoma, headache, itching, pain, photophobia, and visual loss.

CARDIOLOGIC: All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope.

RESPIRATORY: Patient is positive for: Cough, Patient denies: SOB, Wheeze,

PHYSICAL EXAMINATION:

GENERAL: Patient appears consistent with age, well developed/nourished, NAD, and alert and oriented x3. cooperative

HEAD: Normocephalic, EOMI, PERRLA, lids and conjunctivae appear normal, sclera white, visual fields normal, light reflex present.

EARS: Ears appear normal. Fluid noted behind left TM. External auditory canal clear, External ear exam reveals no abnormalities. Ears appear normal.

NOSE: Nose appears normal. Septum without deviation, no septal perforation, nasal mucosa moist and pink, sinus nontender. turbinates appear normal without exudate

THROAT: Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation. Throat is reddened, no tonsillar hypertrophy, and no exudates.

ASSESSMENT:

R05 - COUGH (PRIMARY)

J34.89 - OTHER SPECIFIED DISORD OF NOSE AND NASAL SINUSES

R49.0 - DYSPHONIA

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PLAN:

Verbal and written education given

Tessalon Perles 100 mg capsule

Refills: 1 Qty: 30 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (100 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED FOR COUGH

OTC MEDS: Xyzal, Mucinex DM,

Follow up PRN also if condition worsens or not improved

Electronically signed by Carol Stewart, NP on 01/25/18 4:56 PM