

Auburn Montgomery Student Health Services

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

Date: 12/05/19

PATIENT: COCHRAN, COURTNEY **DOB:** 04/24/1987 **Gender:** FEMALE **MRN:** 392 **AGE:** 32 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: URI

Symptoms: Started last PM with sore throat that has gotten worse. +body aches, frontal HA. Hot and then cold. Some drainage this morning that has resolved. Minimal cough.

ModFact: Took flu shot this year.

VITALS: BP: 131/83 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 64; **Temp:** 99.5; **FDLMP:** 11/17/19

MEDICATIONS:

Lo Loestrin Fe 1 mg-10 mcg (24)/10 mcg (2) tablet

Synthroid 137 mcg tablet

PAST MEDICAL HISTORY: Hyperthyroidism;

SOCIAL HISTORY: Does not live alone; Married;

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Fever, Chills,

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

PHYSICAL EXAMINATION:

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

HEENT: Normocephalic; 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: Septum without Deviation; No Septal Perforation; Nasal mucosa moist and pink; No Turbinate Hypertrophy; Bilateral Maxillary Sinus Tenderness; Bilateral Frontal Sinus Tenderness;

THROAT: Throat red; 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

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

NEUROLOGIC: No Focal Deficit;

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

ORDERS:

STREP A (1 unit(s)): In-House Lab

RESULTS:

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STREP A:

Value: Negative

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

amoxicillin 875 mg-potassium clavulanate 125 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

cetirizine 10 mg tablet

Refills: 0 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY

guaifenesin ER 600 mg tablet, extended release 12 hr

Refills: 0 Qty: 10 TABLET(S)

Instructions: TAKE 1 TABLET (600 MG) BY ORAL ROUTE EVERY 12 HOURS AS NEEDED

AUM Instruction Sheet Handout

Follow up PRN or if condition worsens

Electronically signed by Melodye Harvey, CRNP on 12/05/19 4:23 PM