

Auburn Montgomery Student Health Services

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

Date: 01/26/18

PATIENT: KILCREAS, TOBY **DOB:** 06/16/1985 **Gender:** **MRN:** 402 **AGE:** 32 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: URI

Symptoms: Nasal drainage and congestion. +Cough. Dark yellow to green mucus nasally that is beginning to clear. Cough occasionally productive with dark sputum. No fever, chills, or night sweats. No body aches. Congestion is worse in the morning.

Duration: Started Tuesday

ModFact: Was told when he was younger he was allergic to augmentin but does take PCN without any problems.

Other: Nyquil/dayquill for symptom relief.

VITALS: BP: 139/93 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 74 **BP2:** 150/101 **Site2:** RIGHT ARM **Position2:** SITTING **Pulse2:** 81 **BP3:** 142/90 **Site3:** RIGHT ARM **Position3:** SITTING **Pulse3:** 82; **Temp:** 98.6

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: History of shingles, No other health problems noted.

PAST SURGICAL HISTORY: Denies any surgeries.

SOCIAL HISTORY:

FAMILY HISTORY: Mother with a history of benign tumor. Father with borderline diabetes, HTN and high cholesterol and stroke. Grandparent with history of alcoholism, pancreatic cancer, diabetes, HTN, high cholesterol and stroke.

REVIEW OF SYSTEMS:

CONSTITUTIONALS:

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

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

RESPIRATORY: Cough, Sputum (brown/dark green)

GASTROINTESTINAL: All negative for abdominal pain, appetite loss, anorexia, belching, constipation, diarrhea, flatulence, heartburn, hematchezia, hematemesis, indigestion, mass, swelling and ulcers.

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins.

NEUROLOGIC: Headache,

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; Alert & Oriented x3; appears fatigued.

HEENT: Normocephalic; PERRLA; Eye Lid Normal; Conjunctiva Clear; Sclera White;

EARS: Ears appear normal. TM's intact and reflect NCL. External auditory canal clear, External ear exam reveals no abnormalities.

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NOSE: Septum without Deviation; Nasal mucosa moist and pink; No Turbinate Hypertrophy; bilateral tenderness of maxillary sinuses. Congestion present

THROAT: Throat is slightly red, no tonsillar hypertrophy, and 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. productive cough yellowing/green mucus

DERMATOLOGIC: Temperature: warm dry; normal turgor, no jaundice, no signs of infection, no rash or lesions noted.

PSYCHIATRIC: Alert and oriented x3; Mood and affect appropriate.

ASSESSMENT:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)
J01.00 - ACUTE MAXILLARY SINUSITIS, UNSPECIFIED
R05 - COUGH
R03.0 - Elevated blood-pressure reading, without diagnosis of hypertension

PLAN:

cefdinir 300 mg capsule
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 CAPSULE (300 MG) BY ORAL ROUTE EVERY 12 HOURS

Tessalon Perles 100 mg capsule
Refills: 0 Qty: 30 CAPSULE(S)
Instructions: TAKE 1 or 2 CAPSULE (100 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED FOR CO

OTC meds: Mucinex DM, Xyzal

Advised to avoid decongestants

Pt information sheet

RTC for BP check after symptoms resolve

Follow up PRN also if condition worsens or not improved

Electronically signed by Carol Stewart, NP on 01/26/18 4:18 PM