

Auburn Montgomery Student Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 04/12/22

PATIENT: RIGGINS, TAMERA **DOB:** 11/08/1965 **Gender:** FEMALE **MRN:** 409 **AGE:** 56 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: runny nose, cough

HISTORY OF PRESENT ILLNESS: Ms. Riggins is a 56 yo female here today for clear sinus drainage, congestion, cough, sore throat, nausea, fatigue, and body aches since Saturday. She has tried zyrtec otc with little relief.

VITALS: BP: 106/71 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 90; **Temp:** 98.1; **Resp:** 16; **Ht:** 64 in.; **Wt:** 225 lbs.;
BMI: 38.62; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

atorvastatin 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)
levothyroxine 25 mcg tablet (TAKE 1 TABLET (25 MCG) BY ORAL ROUTE ONCE DAILY)
metoprolol succinate ER 25 mg tablet, extended release 24 hr (TAKE 1 TABLET (25 MG) BY ORAL ROUTE ONCE DAILY)
ramipril 5 mg capsule (TAKE 1 CAPSULE (5 MG) BY ORAL ROUTE ONCE DAILY)
valacyclovir 1 gram tablet (TAKE 1 TABLET (1,000 MG) BY ORAL ROUTE EVERY 12 HOURS)

PAST MEDICAL HISTORY: diabetes--no medication, eczema, kidney stones; HTN, HLD, hypothyroidism, Vitamin D deficiency.

PCP- Dr. Kathy Lindsey

PAST SURGICAL HISTORY: hernia repair, breast reduction, left knee surgery

SOCIAL HISTORY: Exercises regularly; Does not use tobacco; Does not use recreational drugs; Consumes alcohol. Frequency: 3 times per year, Type: wine, mixed drinks

FAMILY HISTORY: Mother with history of: breast ca--deceased at age 44

REVIEW OF SYSTEMS:

CONSTITUTIONALS: All 14 point review of systems negative except those listed in HPI.

PHYSICAL EXAMINATION:

GENERAL: GENERAL: No apparent distress noted; Well developed; Pleasant.

HEENT: Head- normocephalic; atraumatic. Eyes- sclera white, conjunctiva pink, EOMI. Ears- tympanic membranes clear. Ear canals are patent. Nose- septum- midline; No maxillary or frontal sinus tenderness. Throat- pink without exudates. No anterior or posterior cervical nodes palpated; No palpable thyroid abnormality or enlargement.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted. No peripheral edema bilateral lower extremities.

RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

Auburn Montgomery Student Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 04/12/22

PATIENT: RIGGINS, TAMERA **DOB:** 11/08/1965 **Gender:** FEMALE **MRN:** 409 **AGE:** 56 Years

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

STREP A (1 unit(s)): In-House Lab
INFLUENZA (1 unit(s)): In-House Lab
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Solumedrol 125mg/2ml (1 unit(s)): Injection
Abbott Binax Now Rapid COVID (1 unit(s)): In-House Lab

RESULTS:

STREP A:
Value: Negative

INFLUENZA:
Value: Negative

Abbott Binax Now Rapid COVID :
Value: Negative

Solumedrol 125mg/2ml:
Site Given: Left Ventragluteal
Dosage Given: 125 milligram(s)
Administered By: Barton, Lindsey - CRNP

ASSESSMENT:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R09.81 - NASAL CONGESTION
R05.9 - COUGH, UNSPECIFIED

PLAN:

Given steroid shot in office. Rx for ninjacof. Follow up as needed.

Ninjacof 12.5 mg-12.5 mg/5 mL oral liquid
Refills: 0 Qty: 120 ML(S)
Instructions: 10 ml PO every 8 hrs as needed for cough/congestion (Dispensed)

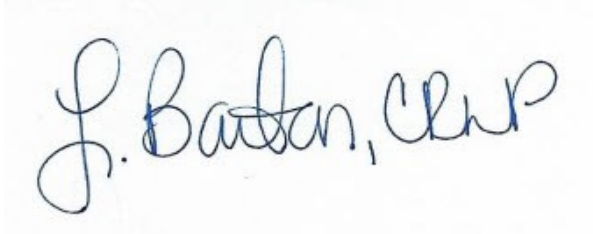
Electronically signed by Lindsey Barton, CRNP on 04/12/22 1:50 PM

Auburn Montgomery Student Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 04/12/22

PATIENT: RIGGINS, TAMERA **DOB:** 11/08/1965 **Gender:** FEMALE **MRN:** 409 **AGE:** 56 Years

A handwritten signature in blue ink that reads "J. Barton, CRP". The signature is written in a cursive style with a large initial "J" and a stylized "B".