

Auburn Montgomery Student Health Services

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

Date: 08/06/19

PATIENT: RIGGINS, TAMERA **DOB:** 11/08/1965 **Gender:** **MRN:** 409 **AGE:** 53 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sinus congestion

Symptoms: Patient reports headache, sinus congestion, and sinus pressure x 4 months. Denies fever.
ModFact: Not Improved with Medication--sudafed that relieves pressure.

VITALS: BP: 124/80 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 76; **Temp:** 98.1; **Resp:** 12; **Wt:** 226.3 lbs.

PAST MEDICAL HISTORY: diabetes--no medication, eczema, kidney stones

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: Patient denies: Fever, Chills,

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

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 Frontal Sinus Tenderness; Bilateral Maxillary 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;

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED

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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

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

benzonatate 100 mg capsule

Refills: 0 Qty: 30 CAPSULE(S)

Instructions: TAKE 1-2 CAPSULES (100 MG-200 MG) BY ORAL ROUTE EVERY 8 HOURS AS NEEDED FOR COUGH

fluconazole 150 mg tablet

Refills: 1 Qty: 2 TABLET(S)

Instructions: TAKE 1 TABLET (150 MG) BY ORAL ROUTE ONCE, MAY REPEAT DOSE AFTER 3 DAYS IF SYMPTOMS PERSIST.

AUM Instruction Sheet Handout

RTC for worsening or unresolving symptoms.

Electronically signed by Melodye Harvey, CRNP on 08/06/19 10:18 AM