

Auburn Montgomery Student Health Services

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

Date: 09/09/20

PATIENT: RIGGINS, TAMERA **DOB:** 11/08/1965 **Gender:** **MRN:** 409 **AGE:** 54 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sinus infection

Symptoms: Tenderness around her eyes, sinus area and lots of drainage down the back of throat for the past 1 1/2 weeks. She took some left over amoxicillin for a few days but she reports she only had 3 pills. She is starting to feel better. She also reports headaches and clear sinus drainage. Denies cough, fever, loss of taste/smell, n/v/d. She has been taking tylenol and motrin as needed for the pain.

COMPLAINT 2: Medication refill

Symptoms: She has a history of hypothyroidism, HTN, HLD, and vitamin D deficiency. Her PCP is Dr. Kathy Lindsey. She reports she is out of her meds.

VITALS: BP: 129/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 93; **Temp:** 98.1; **Resp:** 14; **Ht:** 65.5 in.; **Wt:** 263 lbs.;
BMI: 43.1; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Depo-Medrol 40 mg/mL suspension for injection (1 ml to (R) glut)
atorvastatin 20 mg tablet (TAKE 1 TABLET (20 MG) BY ORAL ROUTE ONCE DAILY)
azithromycin 250 mg tablet (Dose pack to be taken as directed, called into the Auburn Pharmacy.)
ceftriaxone 1 gram solution for injection (To (L) glut)
dexamethasone sodium phosphate 4 mg/mL injection solution (1 ml to (R) glut)
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)

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

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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.

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

PSYCHIATRIC: Appropriate mood and affect.

ASSESSMENT:

J01.90 - Acute sinusitis, unspecified (PRIMARY)
I10 - Essential (primary) hypertension
E03.9 - Hypothyroidism, unspecified
E78.5 - Hyperlipidemia, unspecified

PLAN:

Given steroid and rocephin shots in office. Rx for azithromycin dose pack called into AU pharmacy.
We discussed that she will need to follow up with her PCP for her med refills as they monitor her labs for her chronic health conditions. We also discussed that she should not have multiple providers filling her meds and that she should stick with one PCP regarding her chronic health conditions. She verbalized understanding.

Electronically signed by Lindsey Barton, CRNP on 09/10/20 8:53 AM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.