

Auburn Montgomery Student Health Services

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

Date: 02/15/19

PATIENT: BRASWELL, JANICE **DOB:** 10/08/1973 **Gender:** FEMALE **MRN:** 418 **AGE:** 45 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: URI

Symptoms: Started with itchy throat, with sinus drainage. Losing voice. Better today. Mucus was yellow. Cough that is minimally productive. +HA. No known fever. Swollen glands.

ModFact: Took Mucinex and cough drops.

Other: Late taking BP medications today.

VITALS: BP: 150/96 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 80; **Temp:** 97.9

ALLERGIES: Penicillins

MEDICATIONS:

Prilosec 10 mg oral suspension, delayed release

Reglan 10 mg tablet

amlodipine 5 mg tablet (Not sure of mg.)

clonidine HCl 0.1 mg tablet

lorazepam 0.5 mg tablet

methocarbamol 750 mg tablet (TAKE 1 TABLET (750 MG) BY ORAL ROUTE 3 TIMES PER DAY AS NEEDED)

naproxen 500 mg tablet (TAKE 1 TABLET (500 MG) BY ORAL ROUTE 2 TIMES PER DAY WITH FOOD AS NEEDED)

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient denies: Fever, chills, dizziness or fatigue.

ENMT: Patient is positive for: cough, congestion, scratchy throat for 4 days. Complains of hoarseness. Complains of pain in submandibular lymph node area.

CARDIOLOGIC: Denies chest pain, murmur, palpitations or syncope.

RESPIRATORY: States coughing some but thinks what she is coughing is due to sinus drainage. States what she is coughing up is yellow. Denies wheezing.

GASTROINTESTINAL: Denies abdominal pain, nausea, vomiting or diarrhea.

NEUROLOGIC: Patient is positive for: Headache to frontal region that is persistent.

PHYSICAL EXAMINATION:

GENERAL: Patient appears consistent with age, well developed/nourished, NAD, and alert and oriented x 3.

HEENT: EOMI, PERRLA, lids and conjunctivae appear normal, sclera white.

EARS: Ears appear normal. TM's intact and reflect NL. External auditory canal clear. Small amount of cerumen removed from right ear canal in order to be able to visualize TM.

NOSE: Sinus tender to maxillary and frontal areas.

THROAT: Throat is clear, no tonsillar hypertrophy, and no exudates.

NECK: Neck is supple, FROM, no JVD, submandibular lymph nodes palpable bilaterally.

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CARDIOVASCULAR: HRRR; No extra beats or gallops.

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales;

ASSESSMENT:

J01.00 - Acute maxillary sinusitis, unspecified (PRIMARY)

J01.10 - Acute frontal sinusitis, unspecified

PLAN:

cefdinir 300 mg capsule

Refills: 0 Qty: 20 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (300 MG) BY ORAL ROUTE EVERY 12 HOURS

Discussed with patient to rest and increase fluids. Take antibiotics as ordered.

Discussed with patient that we did not want to give her a steroid shot as she requested due to the nature of her illness and due to her blood pressure.

Patient to return to clinic as needed.

Electronically signed by Carol Stewart, NP on 02/15/19 4:15 PM