

Auburn Montgomery Student Health Services

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

Date: 08/05/21

PATIENT: SANFORD, ANNE **DOB:** 01/09/1985 **Gender:** FEMALE **MRN:** 4252 **AGE:** 36 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sore throat, cough, runny nose, nasal congestion, fatigue

HISTORY OF PRESENT ILLNESS: Patient presents to clinic with complaints of sore throat, cough, runny nose, nasal congestion, and fatigue that have been present since Tuesday. Patient reports her husband and children have recently had sinus infections. Patient is fully vaccinated for COVID and denies shortness of breath, loss of taste/smell, and N/V/D.

VITALS: BP: 114/75 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 71; **Temp:** 98.7; **Resp:** 16; **Ht:** 66 in.; **Wt:** 203.3 lbs.;
BMI: 32.81; **Pulse Oximetry:** 99%; **FDLMP:** 07/11/21

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: Sinus infections, seasonal allergies, bronchitis, uti, migraines; allergic to wasp stings

PAST SURGICAL HISTORY: (2) c-sections

SOCIAL HISTORY: 5 drinks weekly, no illicit drug use, does not smoke

FAMILY HISTORY: Grandparent: heart disease, brain cancer, alcoholism

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.

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
Abbott Binax Now Rapid COVID (1 unit(s)): In-House Lab

RESULTS:

Auburn Montgomery Student Health Services

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

Date: 08/05/21

PATIENT: SANFORD, ANNE **DOB:** 01/09/1985 **Gender:** FEMALE **MRN:** 4252 **AGE:** 36 Years

STREP A:

Value: Negative

Abbott Binax Now Rapid COVID :

Value: Negative

ASSESSMENT:

J30.2 - Other seasonal allergic rhinitis (PRIMARY)

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

Z20.822 - CONTACT WITH AND (SUSPECTED) EXPOSURE TO COVID-19

PLAN:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension

Refills: 0 Qty: 1 INHALER(S)

Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED for sinus symptoms

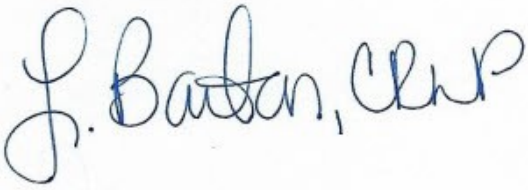
Alahist CF 2 mg-10 mg-20 mg tablet

Refills: 0 Qty: 25 TABLET(S)

Instructions: 1 tab PO every 6 hrs as needed for cough and congestion.

Follow up as needed or if no improvement.

Electronically signed by Lindsey Barton, CRNP on 08/08/21 8:57 PM

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