

Auburn Montgomery Student Health Services

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

Date: 11/03/21

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: cough, sore throat, and fatigue for 2 weeks.

HISTORY OF PRESENT ILLNESS: Pt here with 2 week c/o green drainage, cough, sore throat, congestion. She reports runny nose at times. She denies fever, body aches, N/V/D, loss of taste or smell. She is vaccinated against COVID. Her spouse recently had pneumonia.

VITALS: BP: 114/75 **Pulse:** 60; **Temp:** 97.2; **Resp:** 16; **Ht:** 66 in.; **Wt:** 194.8 lbs.; **BMI:** 31.44; **Pulse Oximetry:** 98%;
FDLMP: 10/31/21

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Alahist CF 2 mg-10 mg-20 mg tablet (1 tab PO every 6 hrs as needed for cough and congestion.)
Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension (SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH
NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED for sinus symptoms)

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; 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.

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:

THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection

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Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

Dexamethasone 4mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 4 milligram(s)
Administered By: Bicknell, Miranda - RN

Depo-Medrol 40mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 40 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)
J01.90 - Acute sinusitis, unspecified
J02.9 - Acute pharyngitis, unspecified
R05.9 - Cough, unspecified

PLAN:

Pt here with URI/sinus s/s for over 2 weeks. OTC meds no longer helping. Will give steroid injection in office. Will treat with antibiotics for 10 days. Rx for Bromfed for s/s control. She agrees. Will call if worse over the next 7 days or if any issues with medications. She reports Augmentin not working for her well in the past.

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup
Refills: 0 Qty: 120 ML(S)
Instructions: TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 6 HOURS

clarithromycin 500 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET (500 MG) BY ORAL ROUTE EVERY 12 HOURS

Electronically signed by Maranda Fain, CRNP on 11/03/21 9:50 AM

M. Fain, CRNP