

Auburn Montgomery Student Health Services

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

Date: 11/23/21

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: nasal congestion, chest congestion, sinus pressure, headache, cough

HISTORY OF PRESENT ILLNESS: Pt comes in with chest congestion, HA, sinus pain, cough. Recent URI tx and she did not finish her antibiotic. She is now feeling worse.

VITALS: BP: 115/84 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 83; **Temp:** 98.4; **Resp:** 16; **Ht:** 66 in.; **Wt:** 199.1 lbs.;
BMI: 32.13; **Pulse Oximetry:** 100%; **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 with expiratory wheeze.

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)

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PLAN:

Pt here with acute sinus s/s. Exam: frontal sinus pain. Wheeze with expiration. Cough helps clear wheeze on exam. Will send in Bactrim, educated on the need to finish antibiotics and why. Medrol dose pack and Bromfed as well. Pt educated on reason for meds. Verbalized understanding. Agrees to take as directed.

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

Bactrim DS 800 mg-160 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKAGE

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Electronically signed by Maranda Fain, CRNP on 11/23/21 8:49 AM

Handwritten signature of M. Fain, CRNP in cursive script.