

Auburn Montgomery Student Health Services

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

Date: 02/21/19

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** 34 **AGE:** 46 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: URI

Symptoms: Coughing, sneezing, congestion. No body aches or chills. Felt lethargic. Symptoms began yesterday. Family member has "flu-like" illness.

Context: Has history of seasonal allergies.

ModFact: Took Nyquil and was unable to sleep,

VITALS: BP: 107/72 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 83; **Temp:** 99.3; **Resp:** 16; **FDLMP:** 01/21/19

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

diazepam 10 mg tablet (PRN)

ibuprofen 800 mg tablet

lisinopril 10 mg-hydrochlorothiazide 12.5 mg tablet

PAST MEDICAL HISTORY: HTN

PAST SURGICAL HISTORY: Tubal ligation,

FAMILY HISTORY:

Mother- died at 72 COPD

Father- died 76 colon cancer, HTN

HEALTH MX HISTORY:

Last colonoscopy Oct 2018

Last mammogram September 2018

Last pap September 2018

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Complains of fever, nausea, chills and fatigue. Fever not confirmed at home. Reports her 17 year old living at home was diagnosed with flu like symptoms.

HEENT: Patient complains of cough, runny nose, congestion, sinus pain and itchy watery eyes. Complains of frontal headache. Has not taken anything for headache.

CARDIOLOGIC: Denies pain, palpitations, or dizziness.

RESPIRATORY: Patient complains of non productive cough. Denies wheezing.

GASTROINTESTINAL: Denies abdominal pain. Reports nausea but no vomiting. Denies diarrhea. States appetite has been decreased.

MUSCULOSKELETAL: Denies body aches.

PHYSICAL EXAMINATION:

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

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HEENT: EOMI, PERRLA, lids and conjunctivae appear normal, sclera white. Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

EARS: Ears appear normal. TM's intact and reflect NL. External auditory canal clear. OM effusion bilaterally.

NOSE: Nose appears normal. Septum without deviation, nasal mucosa moist and pink, no turbinate hypertrophy, frontal and maxillary sinus tender.

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

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR, no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness. Non productive cough noted while in exam room.

DERMATOLOGIC: Temperature: warm dry; normal turgor, no jaundice, no signs of infection, no rash or lesions noted.

ORDERS:

INFLUENZA (1 unit(s)): In-House Lab

RESULTS:

INFLUENZA:
Value: Negative

ASSESSMENT:

J11.1 - FLU DUE TO UNIDENT FLU VIRUS W OTH RESP MANIFEST (PRIMARY)- not confirmed by test. Flu like symptoms only.

J06.9 - Acute upper respiratory infection, unspecified

PLAN:

Xyzal 5 mg tablet

Refills: 0 Qty: 14 TABLET(S)

Instructions: TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING

Tamiflu 75 mg capsule

Refills: 0 Qty: 10 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (75 MG) BY ORAL ROUTE 2 TIMES PER DAY

Increase fluid and rest.

Tylenol for fever, headache or body aches as needed.

Mucinex for nasal congestion.

Xyzal for allergy symptoms.

Electronically signed by Carol Stewart, NP on 02/21/19 2:43 PM

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