

Auburn Montgomery Student Health Services

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

Date: 07/19/19

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: URI

Symptoms: Congestion and a cough. Initially started on Monday with congestion and then developed a cough last PM. Has watery eyes and usually has these symptoms with the blooming of the crepe myrtal trees. No known fever.
ModFact: Ran out of refill for xyzal.

VITALS: BP: 142/95 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 67; **Temp:** 98.6

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: Patient denies: Fever,

ENMT: Patient is positive for: cough, runny nose, congestion, sore throat,

HEENT: Patient is positive for: Drainage,

CARDIOLOGIC: All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope. All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope.

RESPIRATORY: Dry Cough,
All negative for cough, hemoptosis, orthopnea, shortness of breath, sputum, and wheeze.

GASTROINTESTINAL: All negative for abdominal pain, appetite loss, anorexia, belching, constipation, diarrhea, flatulence, heartburn, hematchezia, hematemesis, indigestion, mass, swelling and ulcers.

MUSCULOSKELETAL: All negative for extremity pain, trouble with ambulation, joint pain and varicose veins.

NEUROLOGIC: All negative for headache, difficulty with vision, numbness in hands and feet, hot flashes, and night

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sweats.

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. Negative sinus pressure/headaches/tenderness

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

THROAT: Throat is clear, no tonsillar hypertrophy, and no exudates, slight redness from sinus drainage

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness. One episode of yellowish mucous noted by patient, Sporadic dry cough

ASSESSMENT:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)

PLAN:

Xyzal 5 mg tablet

Refills: 3 Qty: 30 TABLET(S)

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

Advised patient to continue taking Mucinex OTC as directed

Advised patient to RTC if symptoms do not improve

Electronically signed by Carol Stewart, NP on 07/19/19 1:19 PM