

Auburn Montgomery Student Health Services

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

Date: 11/04/19

PATIENT: RECK, MELISSA **DOB:** 02/04/1973 **Gender:** FEMALE **MRN:** S00004440 **AGE:** 46 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: URI

Symptoms: HA, congestion, sore throat, achy and possible fever. Was extremely chilled yesterday. Has taken Motrin and Nyquil. Better today, not shaking. Congestion and achiness are the same. +cough, non-productive.
Duration: Started over the weekend.

VITALS: BP: 129/86 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 82; **Temp:** 97.4

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Xyzal 5 mg tablet (TAKE 1 TABLET (5 MG) BY ORAL ROUTE ONCE DAILY IN THE EVENING)
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 is positive for: Fatigue,

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

HEENT: All negative for blurred vision, cataracts, diplopia, dry eyes, drainage, glaucoma, headache, itching, pain, photophobia, and visual loss.

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

RESPIRATORY: Patient is positive for: Cough,

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.

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

NOSE: Nose congested with clear drainage

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.

ORDERS:

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

ASSESSMENT:

R05 - COUGH (PRIMARY)

J06.9 - Acute upper respiratory infection, unspecified

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

OTC meds to manage symptoms: Mucinex DM, Tylenol or Ibuprofen,

Increase fluid intake.

if not improving, RTC.

Electronically signed by Carol Stewart, NP on 11/04/19 11:29 AM