

Auburn Montgomery Warhawk Health Services

7461 East Dr STE 102
Montgomery AL, 36117-8092
(334) 244-3281

Date: 01/10/24

PATIENT: JETT, MEGAN **DOB:** 02/06/1986 **Gender:** FEMALE **MRN:** 4312 **AGE:** 37 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Patient reports symptoms began on 12/25/23. Woke up with nasal congestion and cough. Patient reports she went to urgent care and was dx with acute bronchitis and given steroid shot, ninjacof and azithromycin x 5 days (last dose on 01/06/24). Patient reports not taking ninjacof in last 1 week. She reports current symptoms as congested nonproductive cough, nasal pressure with headache to left forehead and feeling as if her ears are "clogged". She denies fever, chills, N/V/D. No abdominal pain, no chest pain and no SOB

VITALS: BP: 132/87 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 74; **Temp:** 97.8; **Resp:** 18; **Ht:** 69.5 in.; **Wt:** 220 lbs.;
BMI: 32.02; **Pulse Oximetry:** 99%; **FDLMP:** 01/04/24

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

omeprazole 20 mg capsule, delayed release (one capsule 2 x week.)

PAST MEDICAL HISTORY: Sinusitis, UTI, Strep, PNE, Bronchitis, Seasonal allergies

PAST SURGICAL HISTORY: Denies

SOCIAL HISTORY: Denies tobacco or recreational drug abuse. Occasional ETOH use.

FAMILY HISTORY:

Father-DM

Brother-Depression, multiple myeloma.

Grandparent-DM, CVA, CAD, HLD, HTN, skin cancer

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 with slight bulging noted to left TM. Ear canals are patent. Nose- septum- midline; Maxillary and frontal sinuses are tender to palpation bilaterally. Throat- Red with moderate amount of white post nasal drip noted.. 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.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

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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)
R05.1 - ACUTE COUGH

PLAN:

Patient advised to continue ninjacof as prescribed. Will send amoxicillin prescription for treatment of sinusitis. Patient instructed on use of cool mist humidifier and nasal saline spray, as well as use of OTC Flonase as directed/needed. Patient advised to return to clinic, or follow up with PCP if symptoms do not improve with treatment, or if any new or worrisome symptoms were to begin. Patient verbalized understanding and agreement to plan.

amoxicillin 500 mg capsule

Refills: 0 Qty: 21 CAPSULE(S)

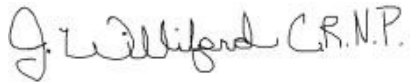
Instructions: TAKE 1 CAPSULE (500 MG) BY ORAL ROUTE EVERY 8 HOURS

Diflucan 200 mg tablet

Refills: 0 Qty: 1 TABLET(S)

Instructions: TAKE 1 TABLET (200 MG) BY ORAL ROUTE ONCE DAILY

Electronically signed by Joyce Williford, CRNP on 01/10/24 10:01 AM

Handwritten signature of J. Williford CRNP in cursive script.