

Auburn Montgomery Student Health Services

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

Date: 04/28/21

PATIENT: ISTRE, TIFFANY **DOB:** 05/29/1973 **Gender:** FEMALE **MRN:** 4563 **AGE:** 47 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Sick visit

HISTORY OF PRESENT ILLNESS: Ms. Istre presents today for a sick visit. She reports yellow sinus drainage and congestion associated with (L) ear ache, cough, and sore throat x 3 days. She denies any n/v/d, loss of taste or smell or fever. She is an EMT and had a negative covid test Monday. Denies calf pain or swelling.

COMPLAINT 2: Swelling in (R) foot

HISTORY OF PRESENT ILLNESS: Dropped a computer on top of right foot about 1.5 months ago then dropped something else on her foot at a later point in time. She was seen at AFC and xray was normal. No fractures. She continues to have swelling to her right foot just beneath her great toe and her second toe. It is painful and worse when she wears a sock or a shoe. She is unable to lace her shoe up tight due to the pain. Some days she is not able to wear a shoe on that foot. No recent injury. She was prescribed a medication for gout. She thinks possibly indocin but she is not sure. She has taken the medication with no relief.

VITALS: BP: 136/90 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 73; **Temp:** 98.4; **Resp:** 15; **Ht:** 71 in.; **Wt:** 337.8 lbs.;
BMI: 47.11; **Pulse Oximetry:** 98%; **FDLMP:** 04/26/21

ALLERGIES: mold

PAST MEDICAL HISTORY: Seasonal allergies, reactive airway disease, HTN, anxiety, depression, migraines.

PAST SURGICAL HISTORY: tonsils and adenoids, tubes in ears x 4. knee scope, right rotator cuff repair, and ear drum patch.

SOCIAL HISTORY: Identifies as lesbian. Smokes cigarettes and vapes for 18 years. Drinks alcohol socially. Denies illicit drug use.

FAMILY HISTORY: Mother- depression. Father- heart disease, high cholesterol. Grandparent- diabetes, heart disease, stroke, high cholesterol, lung and colon 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. Ear canals are patent. Nose- septum- midline; No maxillary or 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 without wheezes, rales, or rhonchi.

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

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swelling to right dorsal foot inferior to the right great toe and right 2nd toe w/ tenderness to palpation. + FROM all toes on right foot and able to bear full weight.

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.

ORDERS:

STREP A (1 unit(s)): In-House Lab
Rocephin 1G (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection
Abbott Binax Now Rapid COVID (1 unit(s)): In-House Lab
URIC ACID (1 unit(s)): Quest Diagnostics

RESULTS:

STREP A:
Value: Negative

Abbott Binax Now Rapid COVID :
Value: Negative

Rocephin 1G:
Site Given: Right Gluteus Maximus
Dosage Given: 1 unit(s)
Administered By: Havard, Jyssica - MA

Dexamethasone 4mg/ml:
Site Given: Left Gluteus Maximus
Dosage Given: 1 milligram(s)
Administered By: Havard, Jyssica - MA

Depo-Medrol 40mg/ml:
Site Given: Left Gluteus Maximus
Dosage Given: 40 milligram(s)
Administered By: Havard, Jyssica - MA

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
M79.671 - PAIN IN RIGHT FOOT

PLAN:

Augmentin 875 mg-125 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

Referral: EMIC, East Montgomery Imaging Center (Radiology)

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Instructions: MRI right foot without contrast

Electronically signed by Lindsey Barton, CRNP on 04/28/21 10:58 AM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.