

Auburn Montgomery Student Health Services

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

Date: 02/21/18

PATIENT: BETTS, JILLIAN **DOB:** 01/14/1999 **Gender:** FEMALE **MRN:** 475 **AGE:** 19 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Flu-like symptoms

Symptoms: Fever, chills, dry cough, nasal congestion, sore throat, body aches. Symptoms began yesterday. night sweats

Severity: Getting worse.

ModFact: Took some sudafed

VITALS: BP: 97/70 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 85; **Temp:** 100.6; **Ht:** 65 in.; **Wt:** 122.9 lbs.; **BMI:** 20.45; **FDLMP:** 02/05/18

ALLERGIES: Sulfa (Sulfonamide Antibiotics)

MEDICATIONS:

Nexium 20 mg capsule, delayed release

Paxil 30 mg tablet

Phenergan 25 mg rectal suppository (25mg oral)

Xanax 0.5 mg tablet

Xyzal 5 mg tablet

Zofran 4 mg tablet (PRN)

PAST MEDICAL HISTORY: history of anxiety, depression, reflux and migraines. Eustachian tube malfunction, bad joints.

PAST SURGICAL HISTORY: Repair of broken nose, wisdom teeth extraction and endoscope.

SOCIAL HISTORY: Pt is sexually active using condoms for protection. Not using tobacco, recreational drugs or alcohol,

FAMILY HISTORY: Maternal Grandfather with history of colon and lung cancer. Paternal grandfather with history of heart disease. Mother with high cholesterol and HTN. Maternal and paternal grandmothers with history of migraines. Maternal grandmother with history of arthritis. Mother, maternal aunt have anxiety and panic attacks. Maternal and paternal grandmothers have depression and anxiety

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Fever, Chills, Fatigue, Malaise,

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

PHYSICAL EXAMINATION:

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

HEENT: EOMI, PERLLA, lids and conjunctivae appear normal, sclera white.

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

THROAT: Throat is red no tonsillar hypertrophy, tonsillar stone noted on left tonsil, and no exudates.

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

CARDIOVASCULAR: HRRR;

Auburn Montgomery Student Health Services

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

Date: 02/21/18

PATIENT: BETTS, JILLIAN **DOB:** 01/14/1999 **Gender:** FEMALE **MRN:** 475 **AGE:** 19 Years

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales;

MUSCULOSKELETAL: Gait Normal; No clubbing, cyanosis, or edema of lower extremities;

DERMATOLOGIC: Skin Temperature: very warm abd damp;

NEUROLOGIC: Cranial Nerves Intact; No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate;

ASSESSMENT:

J11.1 - Influenza due to unidentified influenza virus with other respiratory manifestations (PRIMARY)

R50.9 - Fever, unspecified

PLAN:

Tamiflu 75 mg capsule

Refills: 0 Qty: 10 CAPSULE(S)

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

Rest as much as possible.

No school or work for 5 days.

Increase fluid intake to 5-8oz glasses per day or more.

Tylenol or Ibuprofen as needed for fever and/or pain.

Follow up PRN also if condition worsens or not improved

Electronically signed by Carol Stewart, NP on 02/21/18 1:36 PM