

Auburn Montgomery Student Health Services

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

Date: 02/05/20

PATIENT: ARMSTRONG, JAMES **DOB:** 07/17/1979 **Gender:** **MRN:** 485 **AGE:** 40 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: URI

Symptoms: Started 2 days ago, with nasal congestion and drainage. +for cough. Lots of sinus pressure. No fever or body aches. has had sinus surgery in the past.

VITALS: BP: 126/75 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 93; **Temp:** 98.9

ALLERGIES: levofloxacin

MEDICATIONS:

omeprazole magnesium 20 mg tablet, delayed release
pravastatin 40 mg tablet

PAST MEDICAL HISTORY: Hyperlipidemia, Crohn's

PAST SURGICAL HISTORY: Sinus surgery, ankle--left x 5 years, colon/rectal removal--2008, 2010, adenoidectomy, tonsillectomy

SOCIAL HISTORY: Former smoker x 5-6 years; quit 17 years ago; Exercises regularly;

FAMILY HISTORY: Mother with history of: HTN; Father with history of: high cholesterol;

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

HEENT: Normocephalic; Conjunctiva Clear; Sclera White; Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

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

NOSE: Septum without Deviation; No Septal Perforation; Nasal mucosa moist and pink; Turbinate Hypertrophy on Left; Turbinate Hypertrophy on Right; Clear rhinorrhea; Bilateral Maxillary Sinus Tenderness; Bilateral Frontal Sinus Tenderness;

THROAT: Throat red; Posterior Nasal Drainage; No Tonsillar Hypertrophy; 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.

NEUROLOGIC: No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)

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PLAN:

cetirizine 10 mg tablet

Refills: 0 Qty: 30 TABLET(S)

Instructions: TAKE 1 TABLET (10 MG) BY ORAL ROUTE ONCE DAILY. TAKE IN THE EVENING

fluticasone propionate 50 mcg/actuation nasal spray,suspension

Refills: 1 Qty: 1 BOTTLE(S)

Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE DAILY

amoxicillin 875 mg-potassium clavulanate 125 mg tablet

Refills: 0 Qty: 14 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

AUM Instruction Sheet Handout

Follow up PRN or if condition worsens or does not resolve

Electronically signed by Melodye Harvey, CRNP on 02/05/20 2:23 PM