

Auburn Montgomery Student Health Services

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

Date: 03/29/18

PATIENT: PHIFFER, NATASHA **DOB:** 04/26/1980 **Gender:** **MRN:** 517 **AGE:** 37 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Sinus and allergies

Symptoms: Drainage, congestion, eyes watering. Yellow mucus. Chest tightness today. Had some night sweats on Monday. HAs

Duration: 2 weeks

ModFact: Taken OTC allergy med, Advil cold (worked a couple hours).

VITALS: BP: 125/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 85; **Temp:** 97.6; **Ht:** 65 in.; **Wt:** 163.1 lbs.; **BMI:** 27.14

ALLERGIES: No Known Drug Allergies

PAST MEDICAL HISTORY: No known medical problems.

PAST SURGICAL HISTORY: Denies any surgical history.

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Fever Possible on Monday)

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

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. eyes watery

EARS: Ears: no redness, fluid present bilaterally. TM's intact and reflect NL. External auditory canal clear.

THROAT: Throat is clear, no tonsillar hypertrophy, and no exudates.

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy. thyroid enlarged, soft, no nodules palpated

CARDIOVASCULAR: HRRR;

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales;

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

DERMATOLOGIC: Skin Temperature: Warm Dry;

NEUROLOGIC: Cranial Nerves Intact; No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate;

ASSESSMENT:

J01.00 - Acute maxillary sinusitis, unspecified (PRIMARY)

J30.9 - Allergic rhinitis, unspecified

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PLAN:

azelastine 0.05 % eye drops

Refills: 1 Qty: 1 BOTTLE(S)

Instructions: INSTILL 1 DROP INTO AFFECTED EYE(S) BY OPHTHALMIC ROUTE 2 TIMES PER DA

cefdinir 300 mg capsule

Refills: 0 Qty: 20 CAPSULE(S)

Instructions: TAKE 1 CAPSULE (300 MG) BY ORAL ROUTE EVERY 12 HOURS

OTC drugs: Mucinex DM, xyzal, Flonase or nasacort, Delsym or Robitussin

Electronically signed by Carol Stewart, NP on 03/29/18 9:53 AM