

Auburn Montgomery Warhawk Health Services

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

Date: 05/29/24

PATIENT: PLEFKA, JONATHAN **DOB:** 05/30/1984 **Gender:** MALE **MRN:** 5288 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Possible sinus infection

HISTORY OF PRESENT ILLNESS: Mr. Plefka is a 40 yo male here today for sinus drainage, cough, headache, sinus pressure, sore throat, and itchy eyes for the past 2 weeks. Denies fever. He reports having a similar episode around this time last year.

VITALS: BP: 140/85 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 80; **Temp:** 96.9; **Resp:** 16; **Ht:** 80 in.; **Wt:** 265 lbs.;
BMI: 29.11; **Pulse Oximetry:** 97%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension
Zyrtec 10 mg tablet

PAST MEDICAL HISTORY: Anxiety

PAST SURGICAL HISTORY: Right knee

SOCIAL HISTORY: Denies smoking or illicit drug use. Admits to occasional ETOH use.

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

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:

THERAPEUTIC INJECTION ADMIN (2 unit(s)): Injection
Rocephin 1G (1 unit(s)): Injection

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Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

Rocephin 1G:
Site Given: Left Ventragluteal
Dosage Given: 1 gram(s)
Administered By: Bicknell, Miranda - RN

Dexamethasone 4mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 4 milligram(s)
Administered By: Bicknell, Miranda - RN

Depo-Medrol 40mg/ml:
Site Given: Right Ventragluteal
Dosage Given: 40 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

J01.90 - Acute sinusitis, unspecified (PRIMARY).

PLAN:

Rx as per below. Follow up as needed.

Bactrim DS 800 mg-160 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

Electronically signed by Lindsey Barton, CRNP on 05/30/24 9:49 AM

L. Barton, DNP, CRNP