

Auburn Montgomery Warhawk Health Services

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

Date: 06/13/23

PATIENT: PLEFKA, JONATHAN **DOB:** 05/30/1984 **Gender:** MALE **MRN:** 5288 **AGE:** 39 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Sinus congestion

HISTORY OF PRESENT ILLNESS: Mr. Plefka presents to the clinic with complaints of sinus congestion with pressure, frontal headache, upper teeth pain x 2-3 weeks. He states he saw a ENT doctor 1 week ago and was prescribed Flonase. He states the Flonase has helped minimally.

VITALS: BP: 122/85 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 71; **Temp:** 97.1; **Resp:** 16; **Ht:** 80 in.; **Wt:** 260 lbs.;
BMI: 28.56; **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 cloudy. Ear canals are patent. Nose- septum- midline; Maxillary tenderness noted, no 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

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:

Dexamethasone 4mg/ml (2 unit(s)): Injection
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection

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ASSESSMENT:

J01.10 - Acute frontal sinusitis, unspecified (PRIMARY)
R51.9 - Headache, unspecified
R09.81 - Nasal congestion

PLAN:

Continue Flonase. Take RX as directed. Start Medrol dose pak on Thursday morning. Follow up as needed.

amoxicillin 875 mg-potassium clavulanate 125 mg tablet

Refills: 0 Qty: 14 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS FOR 7 DAYS

Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 1 PACKET(S)

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Electronically signed by Robin Blackwell, CRNP on 06/13/23 3:36 PM

Robin Blackwell CNP