

Auburn Montgomery Warhawk Health Services

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

Date: 03/13/25

PATIENT: CALDWELL, DESTYNE **DOB:** 01/13/1995 **Gender:** FEMALE **MRN:** 5346 **AGE:** 30 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: headache, sinus pressure, sore throat, nasal congestion for 3 weeks

HISTORY OF PRESENT ILLNESS: Patient is here for sinus pain, cough, sore throat, and ear pain. She states that this started 3 weeks ago and has not improved with OTC medication.

VITALS: BP: 112/82 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 90; **Temp:** 97.8; **Resp:** 16; **Ht:** 67 in.; **Wt:** 256.4 lbs.;
BMI: 40.15; **Pulse Oximetry:** 98%; **FDLMP:** 03/09/25

ALLERGIES: Demerol; Dilaudid; Percocet

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: anxiety, Depression; low back pain

PAST SURGICAL HISTORY: Laparotomy;

SOCIAL HISTORY: Married. Employee at AUM. Does not use tobacco; Does not use recreational drugs; Does not use alcohol;

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- Left tympanic membranes bulging and red. Right TM has serous fluid. Ear canals are patent. Nose- septum- midline; Maxillary and frontal sinus tenderness. Turbinates edematous. Throat- pink without exudates. Posterior nasal drainage noted. No anterior or posterior cervical nodes palpated.

CARDIOVASCULAR: S1 S2; Regular rate and rhythm; No systolic ejection murmurs noted; No carotid bruits noted.

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. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

Depo-Medrol 40mg/ml (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
STREP A (1 unit(s)): In-House Lab

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THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection

RESULTS:

STREP A:

Value: Negative

ASSESSMENT:

J01.81 - OTHER ACUTE RECURRENT SINUSITIS (PRIMARY)

H66.002 - AC SUPPR OTS MDA W/O SPON RUPT EAR DRUM LEFT EAR

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED.

PLAN:

Patient is here for a sinus infection that started 3 weeks ago and has not improved with claritin D. Gave steroid injection and prescribed amoxicillin due to the length of illness. instructed to start using flonase, 2 sprays per nare daily due to history of frequent sinus infections.

amoxicillin 875 mg tablet

Refills: 0 Qty: 7 TABLET(S)

Instructions: TAKE 1 TABLET (875 MG) BY ORAL ROUTE EVERY 12 HOURS X 7 DAYS

carbinoxamine 4 mg tablet

Refills: 0 Qty: 15 TABLET(S)

Instructions: TAKE 1 TABLET (4 MG) BY ORAL ROUTE 3-4 TIMES DAILY PRN CONGESTION AND/OR SINUS PAIN

Electronically signed by Hayley Guthrie, CRNP on 03/13/25 9:02 AM