

Auburn Montgomery Warhawk Health Services

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

Date: 01/06/26

PATIENT: GRIGGS, KENDRA **DOB:** 03/09/1997 **Gender:** FEMALE **MRN:** 5457 **AGE:** 28 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: productive cough, nasal congestion, sore throat for 2 weeks.

VITALS: BP: 115/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 78; **Temp:** 96.5; **Resp:** 16; **Ht:** 64 in.; **Wt:** 154.8 lbs.;
BMI: 26.57; **Pulse Oximetry:** 99%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

No Known Medications

PAST MEDICAL HISTORY: GAD/depression, colitis in April 2025.

PAST SURGICAL HISTORY: C-section.

SOCIAL HISTORY: Married. Works at AUM. Never smoked tobacco 0 packs per day for 0 years (0 Pack Years).

FAMILY HISTORY:

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; Maxillary sinus tenderness. Throat- erythematous 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

NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ASSESSMENT:

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

PLAN:

cefdinir 300 mg capsule

Refills: 0 Qty: 14 CAPSULE(S)

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

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Medrol (Pak) 4 mg tablets in a dose pack

Refills: 0 Qty: 21 TABLET(S)

Instructions: TAKE BY ORAL ROUTE AS DIRECTED PER PACKAGE INSTRUCTIONS

Drink plenty of fluids, may consider flonase nasal spray and daily antihistamine.

Electronically signed by Breena Till, CRNP on 01/06/26 11:17 AM

