

Auburn Montgomery Warhawk Health Services

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

Date: 06/25/26

PATIENT: ROY, KRISTIN **DOB:** 12/29/1977 **Gender:** FEMALE **MRN:** 5501 **AGE:** 48 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: swollen lymph nodes and sinus congestion/pressure/drainage since yesterday

HISTORY OF PRESENT ILLNESS: 48 YO F PTC with nasal congestion and drainage, sinus pressure, enlarged lymph nodes beginning yesterday, denies fever, sore throat, body aches or chills.

VITALS: BP: 142/87 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 85; **Temp:** 97.6; **Resp:** 16; **Ht:** 66.5 in.; **Wt:** 234.6 lbs.; **BMI:** 37.29; **Pulse Oximetry:** 98%

ALLERGIES: Lipitor; lisinopril; pravastatin

MEDICATIONS:

Mounjaro 12.5 mg/0.5 mL subcutaneous pen injector
NP Thyroid 30 mg tablet
amlodipine 10 mg tablet (TAKE ONE TABLET BY MOUTH ONE TIME DAILY)
atenolol 50 mg tablet
buspirone 10 mg tablet
cholecalciferol (vitamin D3) 1,250 mcg (50,000 unit) capsule (TAKE ONE CAPSULE BY MOUTH ONCE WEEKLY AFTER TWICE A WEEK REGIMEN)
clonazepam 0.5 mg tablet
hydrochlorothiazide 25 mg tablet (daily)
ibuprofen 800 mg tablet
loratadine 10 mg tablet (TAKE ONE TABLET BY MOUTH ONE TIME DAILY)
montelukast 10 mg tablet
pantoprazole 40 mg tablet, delayed release (TAKE ONE TABLET BY MOUTH ONE TIME DAILY)
spironolactone 50 mg tablet (TAKE ONE TO TWO TABLETS BY MOUTH ONE TIME DAILY)
triamcinolone acetonide 0.1 % topical ointment
venlafaxine ER 75 mg capsule, extended release 24 hr (TAKE ONE CAPSULE BY MOUTH ONE TIME DAILY)

PAST MEDICAL HISTORY: HTN, PCOS, Kidney stones, GERD, IBS, Anxiety, Eczema, DM (borderline), High cholesterol. PCP is Dr. Steven Allen at the Jackson Clinic in Pine Level, AL.

PAST SURGICAL HISTORY: partial hysterectomy, ESWL Shockwave lithotripsy

SOCIAL HISTORY: denies tobacco and illicit drug use; very rare alcohol 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; POSITIVE 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.

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RESPIRATORY: Breath sounds equal and unlabored. Clear to auscultation bilaterally without wheezes, rales, or rhonchi.

GASTROINTESTINAL: Abdomen is soft; Nontender; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted.

ASSESSMENT:

J01.10 - Acute frontal sinusitis, unspecified (PRIMARY)

PLAN:

Pt advised to take all meds as directed, stay well hydrated and obtain adequate rest. If issues persist or worsen, RTC or go to ED. Continue allergy meds daily.

cefdinir 300 mg capsule

Refills: 0 Qty: 20 CAPSULE(S)

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

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension

Refills: 0 Qty: 3 APPLICATOR(S)

Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE ONCE DAILY AS NEEDED

Electronically signed by Breena Till, CRNP on 06/25/26 9:25 AM

