

Auburn Montgomery Student Health Services

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

Date: 03/21/19

PATIENT: BRASINGTON, AMANDA **DOB:** 03/23/1985 **Gender:** FEMALE **MRN:** 559 **AGE:** 33 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Sinus infection

Symptoms: Symptoms for about 2 weeks. Is very congested and has sinus pressure on the (R) side of her face. When she blows her nose there is green mucus. No known fever.

ModFact: No periods due to Mirena.

VITALS: BP: 114/73 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 70; **Temp:** 97.5

ALLERGIES: Amoxil

MEDICATIONS:

Mirena 20 mcg/24 hours (5 yrs) 52 mg intrauterine device

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient denies: Fever,

ENMT: Patient is positive for: sinus pain, congestion,

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

HEENT: Normocephalic; Conjunctiva Clear; Sclera White; Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

EARS: TM's intact; Both TMs mild Serous Fluid;

NOSE: Septum without Deviation; Nasal mucosa moist and pink; mild mucoid nasal congestion; No Turbinate Hypertrophy; Right Maxillary Sinus Tenderness; Right Frontal Sinus Tenderness;

THROAT: Throat red without pustules; Posterior Nasal Drainage; No Tonsillar Hypertrophy; No exudates;

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

NEUROLOGIC: No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED

PLAN:

cefdinir 300 mg capsule

Refills: 0 Qty: 20 CAPSULE(S)

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

Continue with Mucinex as needed.

fluticasone propionate 50 mcg/actuation nasal spray,suspension

Refills: 1 Qty: 18 BOTTLE(S)

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

May use OTC Zyrtec daily.

RTC for worsening or unresolving symptoms.

Electronically signed by Melodye Harvey, CRNP on 03/21/19 4:20 PM