

Auburn Montgomery Student Health Services

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

Date: 08/10/21

PATIENT: TOMBLIN, DEBRA **DOB:** 07/16/1957 **Gender:** FEMALE **MRN:** 55 **AGE:** 64 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sores to tongue, sensitivity to mouth

HISTORY OF PRESENT ILLNESS: Patient reports to clinic with complaints of a sore tongue and mouth sensitivity. Patient reports she was diagnosed with H. Pylori in November of 2020 and these symptoms are very similar to what she had at that time, just not as severe this time. She has a history of cold sores as well. She took two doses of valtrex and that seemed to help. The pain is just not completely gone but is better. She reports lesions were burning and began after eating some salty chips. She has also tried otc biotin, apple cider vinegar, and an acid reducer.

VITALS: BP: 122/80 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 75; **Temp:** 98.1; **Resp:** 16; **Ht:** 72 in.; **Wt:** 160.3 lbs.;
BMI: 21.74; **Pulse Oximetry:** 100%

ALLERGIES: No Known Drug Allergies

MEDICATIONS:

Adderall 20 mg tablet (1 tablet PO daily)
Valtrex 1 gram tablet (as needed for flare ups)
Viibryd 20 mg tablet (1 tablet PO daily)
Xyzal 5 mg tablet
trazodone 50 mg tablet (1 tablet PO QHS)

PAST MEDICAL HISTORY: ADHD, depression; idiopathic angioedema; H. pylori in 11/2020. Fibromyalgia. Cold sores.

PAST SURGICAL HISTORY: Right hip replacement; Broke leg in April s/p repair.

SOCIAL HISTORY: Married. Employee at AUM.

FAMILY HISTORY: Unknown

HEALTH MX HISTORY: Colonoscopy- 2010; pap smear 2020

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; No maxillary or 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

Auburn Montgomery Student Health Services

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

Date: 08/10/21

PATIENT: TOMBLIN, DEBRA **DOB:** 07/16/1957 **Gender:** FEMALE **MRN:** 55 **AGE:** 64 Years

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.

ASSESSMENT:

B00.1 - Herpesviral vesicular dermatitis (PRIMARY)

PLAN:

No bumps/ lesions present to tongue on exam. Most likely cold sores as they were resolved with valtrex.

Recommended she take valtrex 1 tablet twice daily for the next 7 days for complete symptomatic relief. She has the prescription at home and verbalized understanding.

Electronically signed by Lindsey Barton, CRNP on 08/15/21 2:55 PM

A handwritten signature in blue ink that reads "J. Barton, CRNP". The signature is written in a cursive, flowing style.