

Auburn Montgomery Warhawk Health Services

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

Date: 01/06/26

PATIENT: BRADFORD, CHRISTINA **DOB:** 06/01/1985 **Gender:** FEMALE **MRN:** 5664 **AGE:** 40 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: nasal congestion, facial pressure, frequent sneezing, and headache since last week

HISTORY OF PRESENT ILLNESS: 40 YO F c/o sinus pressure, drainage, persistent sneezing, significant nasal congestion, green in color. Has been taking various OTC Meds with little relief, denies fever. Children had flu over holiday but denies any body aches, chills, fever, etc.

VITALS: BP: 131/84 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 104; **Temp:** 97.8; **Resp:** 17; **Ht:** 66 in.; **Wt:** 249.9 lbs.; **BMI:** 40.33; **Pulse Oximetry:** 97%

ALLERGIES: Penicillin

MEDICATIONS:

meloxicam 7.5 mg tablet

PAST MEDICAL HISTORY: tension headaches, cluster headaches, migraine headaches. Spondylarthritis. Obesity. Currently enrolled in a trial for a GLP-1 weight loss medication called Cagrisema 0.25mg qweek.

PAST SURGICAL HISTORY: Appendectomy, cancerous femur, partial hysterectomy, ovarian cyst,

SOCIAL HISTORY: Married with 3 children. Works in OGI on campus. Denies smoking, drinking, or illicit drug use.

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, cloudy TM BL. Nose- septum- midline; Positive for maxillary and frontal 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.

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

MUSCULOSKELETAL: Normal range of movement x 4 extremities; 2+ DP and PT pulses bilaterally

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.

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PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

THERAPEUTIC INJECTION ADMIN (2 unit(s)): Injection
Rocephin 1G (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection

ASSESSMENT:

J01.40 - ACUTE PANSINUSITIS, UNSPECIFIED (PRIMARY)

PLAN:

Zithromax Z-Pak 250 mg tablet
Refills: 0 Qty: 6 TABLET(S)
Instructions: TAKE 2 TABLETS (500 MG) BY ORAL ROUTE ONCE DAILY FOR 1 DAY THEN 1 TABLET (250 MG)
BY ORAL ROUTE ONCE DAILY FOR 4 DAYS

Consider flonase and zyrtec daily over next few weeks. Drink plenty of fluids.

Electronically signed by Breena Till, CRNP on 01/06/26 3:24 PM

