

Auburn Montgomery Warhawk Health Services

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

Date: 02/10/26

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

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: severe nasal congestion since Thursday evening

HISTORY OF PRESENT ILLNESS: 40 YO F PTC with c/o severe sinus pressure, congestion, frontal pressure, pt states husband had COVID two weeks ago, took home test on saturday that was negative. Pt denies fever, chills, cough, or sore throat, has used multiple over the counter meds with little relief.

VITALS: BP: 126/90 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 84; **Temp:** 98.2; **Resp:** 17; **Ht:** 66 in.; **Wt:** 246 lbs.;
BMI: 39.7; **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.

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- erythema 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

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.

ORDERS:

INFLUENZA Rapid Test (1 unit(s)): In-House Lab
COVID Rapid Testing (1 unit(s)): In-House Lab

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RESULTS:

INFLUENZA Rapid Test:
Value: Negative

COVID Rapid Testing:
Value: Negative

ASSESSMENT:

R09.81 - NASAL CONGESTION (PRIMARY)
J01.10 - Acute frontal sinusitis, unspecified

PLAN:

Continue nasal spray at home, and OTC meds as needed for symptoms.

cefdinir 300 mg capsule

Refills: 0 Qty: 20 CAPSULE(S)

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

fluconazole 150 mg tablet

Refills: 0 Qty: 3 TABLET(S)

Instructions: TAKE 1 TABLET (150 MG) BY ORAL ROUTE ONCE, MAY REPEAT IN 72 HOURS IF SYMPTOMS PERSIST.

Electronically signed by Breena Till, CRNP on 02/10/26 10:35 AM

