

Auburn Montgomery Student Health Services

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

Date: 01/06/22

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** S00183475 **AGE:** 34 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: UTI and Cold s/s

HISTORY OF PRESENT ILLNESS: Pt is here with multiple complaints.

She reports having UTI s/s that started 3 weeks ago, she is currently on Macrobid for her UTI, but feel she is still feeling exhausted which is a UTI s/s for her.

She is c/o nasal congestion for 2 weeks with clear to white drainage. Since then, she has had fatigue, body aches, HA, cough, nausea. She denies fevers. Negative home pregnancy test.

VITALS: BP: 142/94 **Pulse:** 93; **Temp:** 98.3; **Resp:** 17; **Ht:** 66 in.; **Wt:** 200 lbs.; **BMI:** 32.28; **Pulse Oximetry:** 99%;
FDLMP: 12/15/21

ALLERGIES: Benzo-Creme ((Rash) or (C/O a rash) (finding))

MEDICATIONS:

Wellbutrin XL 150 mg 24 hr tablet, extended release

Zoloft 50 mg tablet (patient takes 75mg daily.)

ibuprofen 800 mg tablet (TAKE 1 TABLET (800 MG) BY ORAL ROUTE 3 TIMES PER DAY WITH FOOD as needed for cramps/pain)

PAST MEDICAL HISTORY: Rheumatoid arthritis diagnosed as a child. Anxiety/depression; PCOS.

PAST SURGICAL HISTORY: Gallbladder removed 2016

SOCIAL HISTORY: Does not use tobacco; Does not use recreational drugs; Is Not experiencing unusual stress. Does not exercise regularly; alcohol use (beer and wine) at least weekly.

FAMILY HISTORY:

Mother: Deceased age 42 from a seizure disorder (had a head injury)

Father: Heart disease.

Brother: seizure disorder, major depressive disorder

Maternal Grandmother: Arthritis,

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 with tonsil enlargement grade II 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.

Auburn Montgomery Student Health Services

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

Date: 01/06/22

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** S00183475 **AGE:** 34 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.

ORDERS:

STREP A (1 unit(s)): In-House Lab
INFLUENZA (1 unit(s)): In-House Lab
Abbott Binax Now Rapid COVID (1 unit(s)): In-House Lab
CULTURE, URINE, ROUTINE (QUEST) (1 unit(s)): Quest Diagnostics
Solumedrol 125mg/2ml (1 unit(s)): Injection
COVID-19 PCR Swab (Use this code) (1 unit(s)): Other External

ASSESSMENT:

R05.9 - COUGH, UNSPECIFIED (PRIMARY)
R11.0 - NAUSEA
R53.83 - OTHER FATIGUE
R09.81 - NASAL CONGESTION
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED
N39.0 - URINARY TRACT INFECTION, SITE NOT SPECIFIED

PLAN:

Pt here with recent UTI, does not feel Macrobid is working properly, will do urine culture to assess bacteria and sensitivity to antibiotics. She agrees. Multiple cold like s/s, COVID, Strep, flu negative. Will treat for URI. She agrees. Reports exhaustion and nausea, rule out pregnancy, she will do a home pregnancy test on the 15th if she has not started her menstrual cycle or misses her cycle. she agrees.

Electronically signed by Maranda Fain, CRNP on 01/06/22 1:34 PM

M. Fain, CRNP