

Auburn Montgomery Warhawk Health Services

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

Date: 01/23/24

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** 5702 **AGE:** 36 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Possibly UTI and sinus infection

HISTORY OF PRESENT ILLNESS: Mrs. Adams is a 36 yo female here today for possible UTI. She states she has had increased pelvic cramping for the past 10 days and right sided low back pain. These are here normal symptoms when she gets a UTI. She states she does not typically have the burning and increased frequency. Denies vaginal discharge or bleeding between menses.

She reports seeing her PCP about a month ago with the same symptoms. He took a urine and she was told that other than leukocytes, it looked normal. She was not treated with any antibiotics at this visit.

Her OB/GYN is Dr. Logan. She reports her last pap smear was in July 2023 and was normal. She also has a history of PCOS.

She also c/o sore throat and sinus pressure/headache for the past 1 week. She states she is feeling a little better this morning.

VITALS: BP: 132/84 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 101; **Temp:** 96.8; **Resp:** 16; **Ht:** 66 in.; **Wt:** 225 lbs.; **BMI:** 36.31; **Pulse Oximetry:** 98%; **FDLMP:** 01/10/24

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

MEDICATIONS:

Trintellix 20 mg tablet
atomoxetine 25 mg capsule (TAKE 1 CAPSULE BY MOUTH TWICE DAILY)
bupropion HCl XL 300 mg 24 hr tablet, extended release
buspirone 5 mg tablet (TAKE 1 TABLET BY MOUTH THREE TIMES DAILY)

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

PAST SURGICAL HISTORY: Gallbladder removed 2016

SOCIAL HISTORY: Married. Works at AUM. 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,

HEALTH MX HISTORY:

PCP- Dr. Burkett

GYN- Dr. Logan; last pap smear July 2023 and reportedly normal.

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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- 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; + TTP RLQ and suprapubic; Nondistended. Bowel sounds present x 4 quadrants. No masses or organomegaly noted. No CVA tenderness.

MUSCULOSKELETAL: Normal range of movement x 4 extremities

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

UA (1 unit(s)): In-House Lab

GC AND CHLAMYDIA COLLECTION (1 unit(s)): In-House Lab

CULTURE, URINE, ROUTINE (QUEST) (1 unit(s)): Quest Diagnostics

RESULTS:

UA:

Appearance: clear

Color: amber

Glucose: Negative

Bilirubin: Negative

Ketones: Negative

Sp: 1.010

Blood: Negative

pH: 6.5

Protein: Negative

Urobilinogen: Negative

Nitrites: Negative

Leukocytes: Positive

Comments: Leuk: 25

STREP A:

Value: Negative

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ASSESSMENT:

R10.9 - UNSPECIFIED ABDOMINAL PAIN (PRIMARY)

M54.50 - LOW BACK PAIN, UNSPECIFIED

J30.2 - Other seasonal allergic rhinitis

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

Offered to test her for M. Gen as a cause of her pelvic pain/cramping. She declines at this time. She will follow up with her GYN. Follow up with urine culture.

In regards to sinus symptoms, she states they are starting to improve. Recommended otc antihistamine (xyzal, claritin, etc) for sinus headache and ibuprofen. Follow up as needed.

Electronically signed by Lindsey Barton, CRNP on 01/23/24 11:02 AM

L Barton, CRNP