

Auburn Montgomery Student Health Services

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

Date: 04/19/18

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** **MRN:** 232 **AGE:** 30 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: Needing PAP for BCPs.

Symptoms: Had a PAP about 2 years ago but is not able to get the records at this time.

ModFact: MD had pt skipping periods due to menstrual depression and PCOS.

Other: Has been out of BCPS for about 3 weeks.

COMPLAINT 2: Mucus in throat.

Symptoms: Difficult to swallow, sometimes a choking feeling. Ear pain. Possible sinus infection.

Context: Has given up dairy for months thinking that would help. Has also tried acid reflux medications.

Patient reports fatigue and fullness in her throat. Enjoys crunchy foods.

ModFact: Has tried OTC medications without any results. The Mucinex helps to thin the secretions but does not get rid of symptoms.

Other: Has been out of BCPs for about 3 weeks.

VITALS: **BP:** 128/89 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 84; **Ht:** 65 in.; **Wt:** 189.7 lbs.; **BMI:** 31.56

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

REVIEW OF SYSTEMS:

ENMT: congestion, sinus pain, earache, Rhinorrhea, mucous, difficulty swallowing, painful swallowing

GENITOURINARY: Patient denies: Pelvic vaginal discharge, painful sex, pain,

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD;

HEENT: Normocephalic; EOMI; Sclera White; Conjunctiva Clear; Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

EARS: Ears appear normal. TM's intact and reflect NL. External auditory canal clear.

NOSE: Nose appears normal. Septum without deviation, nasal mucosa moist and pink, no turbinate hypertrophy, maxillary sinus tenderness on left

THROAT: Posterior Nasal Drainage; Throat with mild erythema; No Tonsillar Hypertrophy; No exudates;

NECK: Neck Supple; Full Range of Motion; No JVD; No Lymphadenopathy; Nodule Thyromegaly on the left;

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

GASTROINTESTINAL: Abdomen Soft and Nondistended; mild tenderness with palpation of RUQ No Organomegaly; Bowel Sounds Symmetric x4;

GENITOURINARY: Last Pap done by Gynecologist; External Genitalia without Lesion; Vaginal Mucosa Moist; No pelvic mass on bimanual; mucous noted in vaginal vault and around cervix, No Ovarian Enlargement; Swab collected for microscopy

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NEUROLOGIC: No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

ORDERS:

UA (1 unit(s)): In-House Lab
COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics
CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics
TSH W/REFLEX T4, FREE (QUEST) (1 unit(s)): Quest Diagnostics
VITAMIN B12 (QUEST) (1 unit(s)): Quest Diagnostics
VITAMIN D 25 - HYDROXY, TOTAL (QUEST) (1 unit(s)): Quest Diagnostics
UHCG (1 unit(s)): In-House Lab
MICROSCOPY (1 unit(s)): In-House Lab

RESULTS:

UA:

Appearance: Clear
Color: Bright Yellow
Glucose: Negative
Bill: Negative
Ketones: Negative
Sp: 1.005
Blood: Negative
pH: 7
Protein: Negative
Urobilinogen: Negative
Nitrites: Negative
Leukocytes: Positive

UHCG:

Value: Negative

MICROSCOPY:

WBC: Negative
RBC: Negative
Bacteria: Negative
Epith. Cells: Normal cells se
Cast: Negative
Trich.: Negative
Yeast: Negative
Other: Negative

ASSESSMENT:

J01.00 - ACUTE MAXILLARY SINUSITIS, UNSPECIFIED (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
R53.83 - OTHER FATIGUE
Z30.011 - ECTR FOR INITIAL PRESCRIPTION OF CONTRACEP PILLS
Z12.4 - ECTR FOR SCREENING FOR MALIG NEOPLASM OF CERVIX

PLAN:

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cefdinir 300 mg capsule

Refills: 0 Qty: 20 CAPSULE(S)

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

Aviane 0.1 mg-20 mcg tablet

Refills: 2 Qty: 1 PACKAGE

Instructions: TAKE 1 TABLET BY ORAL ROUTE ONCE DAILY

Will notify patient of any abnormal lab results.

OCP information sheet provided to patient.

Sinusitis information sheet provided to patient.

RTC prn for any health concerns.

Electronically signed by Melodye Harvey, CRNP on 04/19/18 4:11 PM