

Auburn Montgomery Student Health Services

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

Date: 07/31/17

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** **MRN:** 232 **AGE:** 29 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: Has lost voice for the past week.

Symptoms: Congestion seems stuck in sinuses. HA, more fatigue than normal. No fever but has had headaches.

ModFact: Needs voice for teaching classes.

Other: Is taking BCP, continuously.

VITALS: BP: 113/76 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 59; **Temp:** 99.1; **Ht:** 65.2 in.; **Wt:** 163.9 lbs.; **BMI:** 27.1; **FDLMP:** 07/03/17

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

MEDICATIONS:

norethindrone-e.estradiol triphasic 0.5 mg/0.75 mg/1 mg-35 mcg tablet

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient denies: Fever,

ENMT: Patient is positive for: congestion, Hoarseness, and headaches.

PHYSICAL EXAMINATION:

GENERAL: Patient appears consistent with age, well developed/nourished, NAD, and alert and oriented x 3.

HEENT: EOMI, PERRLA, lids and conjunctivae appear normal, sclera white. Hoarseness noted.

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

NOSE: Sinus nontender; slight stuffiness

THROAT: Throat is clear, no tonsillar hypertrophy, and no exudates.

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy. Thyroid non-palpable.

CARDIOVASCULAR: HRRR;

RESPIRATORY: Lungs CTA; No rhonchi wheeze or rales;

ASSESSMENT:

J06.9 - Acute upper respiratory infection, unspecified (PRIMARY)

PLAN:

Flonase Allergy Relief 50 mcg/actuation nasal spray,suspension

Refills: 0 Qty: 1 BOTTLE(S)

Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE

Mucinex DM 60 mg-1,200 mg tablet,extended release 12 hr

Refills: 0 Qty: 42 TABLET(S)

Instructions: Take 1 po q 12 hours prn.

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Electronically signed by Carol Stewart, NP on 07/31/17 2:11 PM