

Auburn Montgomery Student Health Services

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

Date: 10/08/21

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** S00183475 **AGE:** 33 Years

VISIT TYPE: Office Visit Established

CHIEF COMPLAINT: sinus pressure/drainage (green/yellow in color), headache, sore throat.

HISTORY OF PRESENT ILLNESS: Pt presents today with c/o sinus congestion, runny nose for 3 weeks. This past week her drainage started to look green and yellow in color. She notes a dry cough in the am and sore throat. She also has tried Neti Pot and Mucinex with no relief.

VITALS: BP: 139/84 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 74; **Temp:** 97.4; **Resp:** 16; **Ht:** 66 in.; **Wt:** 200.4 lbs.;
BMI: 32.34; **Pulse Oximetry:** 96%; **FDLMP:** 10/04/21

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; Maxillary and frontal sinus tenderness. Throat- pink 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.

INTEGUMENTARY: Warm, dry, intact. No lesions or rash noted.

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NEUROLOGIC: Alert and Oriented X3. CN II-XII intact. Sensation intact. Speech clear. Ambulates with steady gait.

PSYCHIATRIC: Appropriate mood and affect.

ORDERS:

SARS-CoV-2 Antibody (IgG), Spike, Semi- Quantitative (1 unit(s)): Quest Diagnostics
STREP A (1 unit(s)): In-House Lab
THERAPEUTIC INJECTION ADMIN (1 unit(s)): Injection
Dexamethasone 4mg/ml (1 unit(s)): Injection
Depo-Medrol 40mg/ml (1 unit(s)): Injection

RESULTS:

STREP A:
Value: Negative

Dexamethasone 4mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 4 milligram(s)
Administered By: Bicknell, Miranda - RN

Depo-Medrol 40mg/ml:
Site Given: Right Ventral Gluteal
Dosage Given: 40 milligram(s)
Administered By: Bicknell, Miranda - RN

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)
J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED
Z01.84 - ENCOUNTER FOR ANTIBODY RESPONSE EXAMINATION

PLAN:

Pt here with congestion for 3 weeks. Strep negative. Green and yellow drainage. Frontal and Maxillary sinus tenderness on exam. Failed OTC treatment. Will send in antibiotic and do steroid injection in office. She agrees. Will call if not better in 7-10 days. Bromfed for s/s control.

Augmentin 875 mg-125 mg tablet
Refills: 0 Qty: 20 TABLET(S)
Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

Bromfed DM 2 mg-30 mg-10 mg/5 mL oral syrup
Refills: 0 Qty: 120 ML(S)
Instructions: TAKE 10 MILLILITERS BY ORAL ROUTE EVERY 6 HOURS

Electronically signed by Maranda Fain, CRNP on 10/08/21 1:49 PM

M. Fain, CRNP

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