

Auburn Montgomery Student Health Services

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

Date: 11/13/19

PATIENT: ADAMS, HEATHER **DOB:** 11/05/1987 **Gender:** FEMALE **MRN:** S00183475 **AGE:** 32 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: C/O URI symptoms

HISTORY OF PRESENT ILLNESS: Began Saturday with achiness, sore throat, coughing,. Denies fever and night sweats. Denies body aches. Had flu shot in October. Has been around co-workers with similar symptoms

VITALS: BP: 128/70 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 76; **Temp:** 99.3; **FDLMP:** 11/06/19

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

MEDICATIONS:

cefdinir 300 mg capsule (TAKE 1 CAPSULE (300 MG) BY ORAL ROUTE EVERY 12 HOURS)

PAST MEDICAL HISTORY: Was diagnosed with childhood Rheumatoid arthritis. Denies symptoms

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; Does not use alcohol;

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: Patient is positive for: Fatigue,

ENMT: Patient is positive for: cough, congestion, sore throat,

HEENT: All negative for blurred vision, cataracts, diplopia, dry eyes, drainage, glaucoma, headache, itching, pain, photophobia, and visual loss.

CARDIOLOGIC: All negative for: pain, murmur, palpitations, numbness, cardiovascular, dizziness, diaphoresis, exertional SOB, syncope.

RESPIRATORY: Patient is positive for: Cough,

GASTROINTESTINAL: Patient is positive for: appetite loss,

GENITOURINARY: Patient is positive for: Pelvic PCOS and MDD

BREAST: All negative for discharge or mass.

PHYSICAL EXAMINATION:

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

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

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

NOSE: congested, no sinus nontender

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

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy.

CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

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

PSYCHIATRIC: Alert and oriented x3; Mood and affect appropriate.

ORDERS:

STREP A (1 unit(s)): In-House Lab

ASSESSMENT:

J06.9 - ACUTE UPPER RESPIRATORY INFECTION, UNSPECIFIED (PRIMARY)

J02.9 - Acute pharyngitis, unspecified

PLAN:

azithromycin 250 mg tablet

Refills: 0 Qty: 1 PACKAGE

Instructions: TAKE AS DIRECTED(ZPACK)

OTC meds: Tylenol and Ibuprofen, Mucinex DM, throat Lozenges,

If not improving or becoming worse, RTC.

Electronically signed by Carol Stewart, NP on 11/13/19 9:04 AM