

Patient Medical Report

Date: 17-Feb-2025

Patient Name: Ahmed Al-Farsi

Patient ID: 1023546

Physician: Dr. Sarah Al-Mutairi

1. Chief Complaint

The patient, **Ahmed Al-Farsi**, presented to the clinic with **persistent cough, mild fever, sore throat, and fatigue** for the past **4 days**. He reported occasional **sneezing** and **nasal congestion**, with **mild body aches** but no difficulty breathing. Symptoms worsened at night, particularly the **cough**.

2. Medical History

- No history of **chronic respiratory disease**.
- No known drug allergies.
- No recent travel or exposure to sick individuals.

3. Physical Examination

- **Temperature:** 38.2°C (100.8°F)
- **Heart Rate:** 88 bpm
- **Blood Pressure:** 118/75 mmHg
- **Respiratory Rate:** 19 breaths per minute
- **Oxygen Saturation:** 98% on room air
- **General Appearance:** The patient appears slightly fatigued but alert and in no acute distress.
- **Throat Examination:** Redness with mild inflammation, no pus.
- **Lung Sounds:** Clear with occasional mild congestion.

4. Provisional Diagnosis

The patient's symptoms suggest an **acute upper respiratory infection (viral origin)**, likely the **flu or mild bronchitis**. No signs of bacterial infection or severe respiratory distress were noted.

5. Treatment Plan

- **Rest & Hydration:** Increase water intake, rest as needed.
- **Symptom Management:**
 - **Paracetamol (500mg)** every 6-8 hours as needed for fever and headache.
 - **Cough syrup (dextromethorphan-based)** for dry cough.
 - **Warm saline gargles** for sore throat.
 - **Steam inhalation or saline nasal spray** for congestion.
- **Avoidance of Irritants:** Avoid **cold air, dust, smoke, and strong perfumes** that may worsen symptoms.

6. Monitoring & Follow-Up

- Symptoms should improve within **5-7 days**.

- If **fever persists beyond 3 days, symptoms worsen, or breathing difficulties occur**, the patient should return for further evaluation.
- No antibiotics are needed at this time as the symptoms are consistent with a **viral infection**.

7. Physician's Notes

The patient has been reassured that this is a **self-limiting acute illness** that should resolve with **supportive care**. He has been advised to **follow the recommended treatment plan** and avoid contact with others while symptomatic.

Physician's Signature: Dr. Sarah Al-Mutairi
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