Dr. Nepa Ganatra

MBBS,MRCP,DGO,MD

Surgeon

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Name: Rahul Sharma Age: 23 Date: 26/06/2023

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Chief Complaints: 1. Headache 2. Fever 3. Nausea 4. Vomiting

Examination: The patient presents with a chief complaint of headache, fever, vomiting, and nausea. The symptoms began 1 hour ago and have been continuous. The patient describes the headache as and rates it on a scale of 6 out of 10. The fever has been associated with Nausea. The patient has experienced episodes of vomiting and reports feeling nauseous. There are no specific triggers identified for these symptoms. The patient has tried [any home remedies or medications taken] with no significant relief.

Diagnosis: Typhoid

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Dosage:

1. Dolo(1mg)

1+1+0

2. Crocin(2mg)

1+0+1

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Investigation:

Based on the initial assessment, the following investigations are recommended: Complete blood count (CBC) Basic metabolic panel (BMP) Liver function tests (LFTs) Urinalysis Head CT scan or MRI, if indicated

Advice:

Rest and Hydration: It is important to get plenty of rest and stay hydrated. Make sure to drink an adequate amount of fluids, such as water, clear broths, or electrolyte-rich beverages, to prevent dehydration. Medication Management: Take over-the-counter pain relievers, such as acetaminophen or ibuprofen, as directed to alleviate headache and fever. Antiemetic medications may be recommended to control vomiting and nausea. However, it is advisable to consult a healthcare professional before starting any new medications. Dietary Considerations: Stick to light and easily digestible foods such as crackers, toast, or broth-based soups. Avoid spicy, fatty, or greasy foods that may further irritate the stomach. If solid foods are difficult to tolerate, opt for small, frequent meals or snacks. Cool Compress: Applying a cool compress or ice pack to the forehead or back of the neck may help relieve headache symptoms. Ensure the compress is wrapped in a cloth to avoid direct contact with the skin.

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