Dr. Nepa Ganatra

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Ex

Name: Sheetal Varma Age: 26 Date: 30/06/2023

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

Examination: Physical Examination:
General:
The patient appears [well-developed, well-nourished, distressed, etc.]. Vital signs are as follows:
Temperature: [Reading]
Blood pressure: [Reading]
Heart rate: [Reading]
Respiratory rate: [Reading]
Oxygen saturation: [Reading]
Head and Neck:
Inspection: [Note any abnormalities, such as swelling, bruising, or redness]
Palpation: [Check for tenderness, deformities, or lymphadenopathy]
Cranial nerves: [Perform a thorough assessment of cranial nerves]
Fundoscopic examination: [Evaluate the optic disc and retinal vessels]
Abdomen:
Inspection: [Look for any distension, scars, or masses]
Auscultation: [Listen for bowel sounds and abnormal sounds]
Palpation: [Assess for tenderness, organ enlargement, or masses]
Percussion: [Check for dullness or tympany]
Neurological Examination:
Mental status: [Evaluate orientation, memory, attention, and language]
Cranial nerves: [Perform a detailed assessment of cranial nerves]
Motor system: [Test muscle strength, tone, and coordination]
Sensory system: [Check for any sensory deficits or abnormal sensations]
Reflexes: [Assess deep tendon reflexes and pathological reflexes]
Coordination: [Evaluate fine motor skills and cerebellar function]
Gait: [Observe the patient's walking pattern and balance]

Diagnosis: Typhoid

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Dosage:

1. Dolo(1mg)

1+0+1

2. Crocin(1mg)

1+0+1

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Investigation:

Additional investigations:
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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