

Every patient intake:

Intake Questions for Urgent Care

An urgent care facility should ask a series of questions during the intake process to gather essential information for providing the best possible patient care. Here are some examples:

Patient Information

- * Name: Full name
- * Date of birth:
- * Contact information: Phone number, email address
- * Insurance information: Provider, policy number, co-pay
- * Emergency contact: Name, relationship, phone number

Medical History

- * Primary care physician: Name and contact information
- * Allergies: Medications, food, environmental
- * Current medications: Name, dosage, frequency
- * Past medical history: Significant illnesses, surgeries, hospitalizations
- * Immunizations: Up-to-date on vaccinations (e.g., flu, COVID-19)

Reason for Visit

- * Chief complaint: Main reason for seeking medical attention
- * Onset: When did the symptoms begin?
- * Severity: How severe are the symptoms?
- * Location: Where is the pain or discomfort located?
- * Aggravating/relieving factors: What makes the symptoms worse or better?

Social History

- * Smoking: Current or past smoker
- * Alcohol consumption: Frequency and amount
- * Drug use: Prescription, over-the-counter, or illicit
- * Occupation: Job title and duties
- * Living situation: Home, assisted living, nursing home

Additional Questions

- * Recent travel: Any recent trips out of the country or to areas with known health risks
- * Exposure to contagious diseases: Contact with anyone who is sick
- * Pregnancy: For women, current or recent pregnancy status

By collecting this information, urgent care staff can assess the patient's condition, determine the appropriate course of action, and provide timely and effective care.

Common cold

Questions a Doctor Should Ask for Common Cold Symptoms

When a patient presents with symptoms of a common cold, a doctor will likely ask questions to differentiate it from other illnesses like the flu or allergies. Here are some common questions:

Symptoms and Duration

- * Onset: When did the symptoms start?
- * Duration: How long have you had these symptoms?
- * Severity: How severe are the symptoms (e.g., headache, body aches, fatigue)?
- * Other symptoms: Are you experiencing any other symptoms, such as fever, cough, or congestion?

Medical History

- * Recent exposures: Have you been around anyone who is sick?
- * Allergies: Do you have any known allergies (e.g., to pollen, dust, animals)?
- * Vaccinations: Are you up-to-date on your vaccinations, including the flu shot?
- * Chronic conditions: Do you have any underlying health conditions (e.g., asthma, heart disease)?

Lifestyle Factors

- * Smoking: Do you smoke or have you recently quit?
- * Stress: Are you experiencing any significant stress or changes in your life?

Differentiating Between Common Cold, Flu, and Allergies

Doctors use a combination of the patient's symptoms, medical history, and physical examination to differentiate between a common cold, flu, and allergies. Here's a general overview:

- * Common Cold: Typically characterized by a runny nose, sneezing, sore throat, and mild congestion. Symptoms usually last for 7-10 days.
- * Influenza (Flu): Often accompanied by fever, chills, body aches, fatigue, and a cough. Symptoms can be more severe than a common cold and may last for a week or longer.
- * Allergies: Can cause similar symptoms to a common cold, but they tend to be more persistent and often occur at specific times of the year (e.g., during allergy season). Other allergy symptoms may include itchy eyes, nose, or skin, and wheezing.

Additional considerations:

- * Rapid influenza tests: In some cases, a rapid influenza test may be used to confirm a flu diagnosis.
- * Physical examination: A doctor may also examine the patient's throat, ears, and lungs to look for signs of infection.

It's important to note that these are general guidelines, and individual cases may vary. If you're concerned about your symptoms, it's always best to consult with a healthcare professional for a proper diagnosis and treatment.

Flu Medications Based on Age

The choice of medication for the flu can vary depending on a person's age, overall health, and the severity of the illness. Here are some common medications prescribed for the flu:

Antiviral Medications

These medications can shorten the duration of the flu and reduce the risk of complications. They work best when started within the first 48 hours of symptom onset.

- * Oseltamivir (Tamiflu): This is one of the most commonly prescribed antiviral medications for the flu. It can be used for adults and children aged 1 year and older.
- * Zanamivir (Relenza): Zanamivir is another effective antiviral medication for the flu. It is available in inhaled form and is approved for adults and children aged 7 years and older.

* Baloxavir marboxil (Xofluza): This newer antiviral medication is approved for adults and adolescents aged 12 years and older. It is taken as a single dose.

Pain Relievers and Fever Reducers

Over-the-counter pain relievers and fever reducers can help alleviate flu symptoms such as aches, pains, and fever.

* Acetaminophen (Tylenol): A common choice for pain relief and fever reduction.

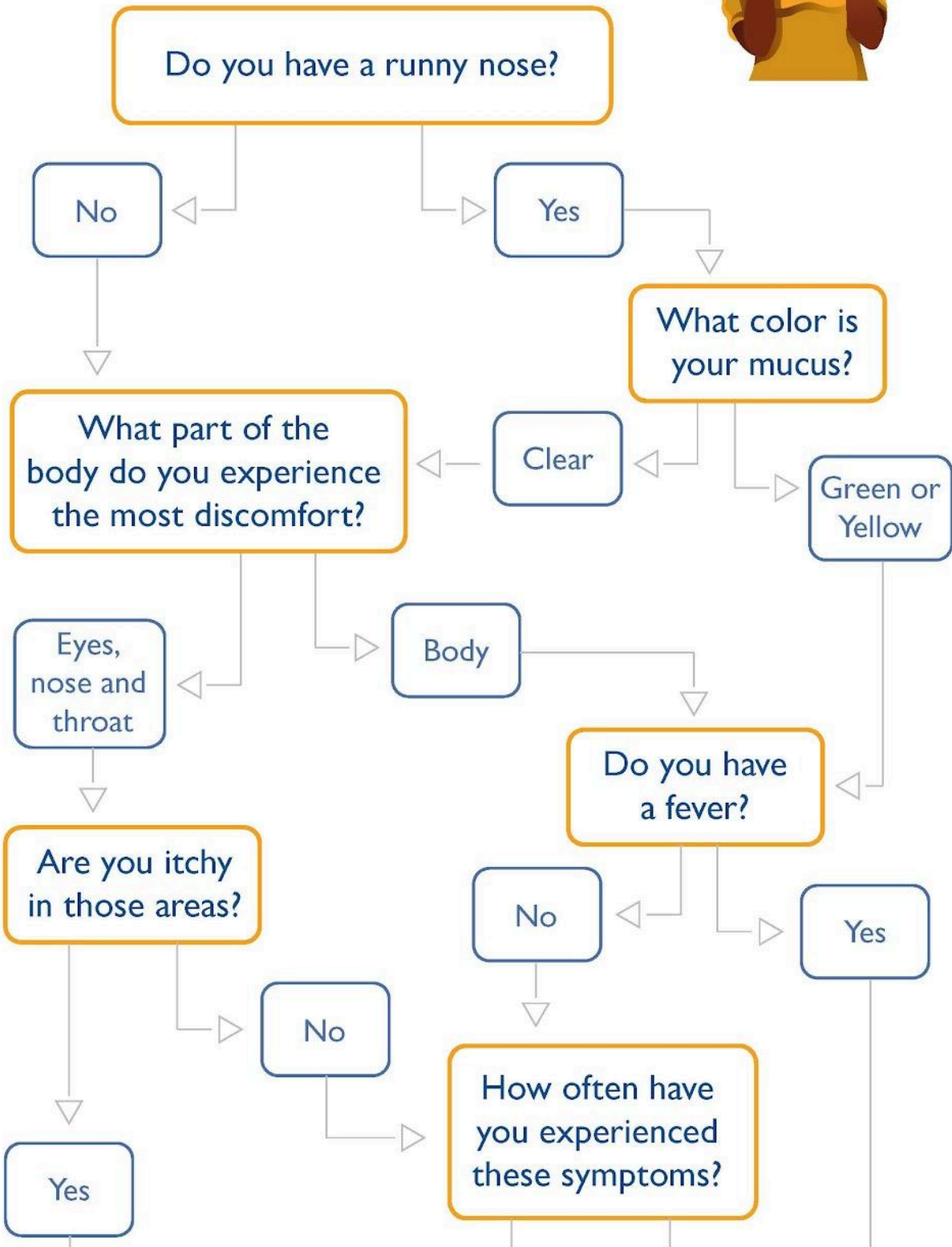
* Nonsteroidal anti-inflammatory drugs (NSAIDs): Options include ibuprofen (Advil, Motrin) and naproxen sodium (Aleve). Be cautious about using NSAIDs if you have a history of stomach ulcers or kidney problems.

Important Note: While these medications can help manage flu symptoms, they do not treat the underlying viral infection. It's essential to consult with a healthcare provider for a proper diagnosis and treatment plan, especially if you are at high risk for complications.

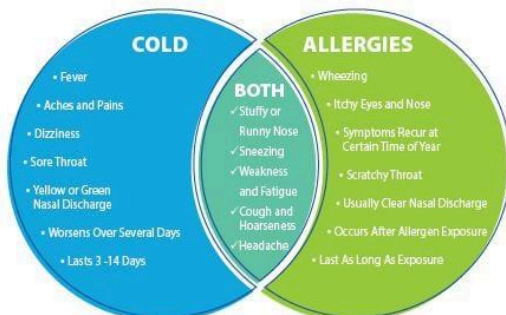
For children: The appropriate dosage of medications will depend on the child's age and weight. Always follow the instructions on the medication label or as directed by your child's pediatrician.

Dr Mayank explains, “Allergic cough is characterized by a **loud barking sound with intensity and force**. It is caused by an irritation in your airways which is triggered by elements like pollen, cigarette smoking, air pollution, chemical fumes, dust and such.”

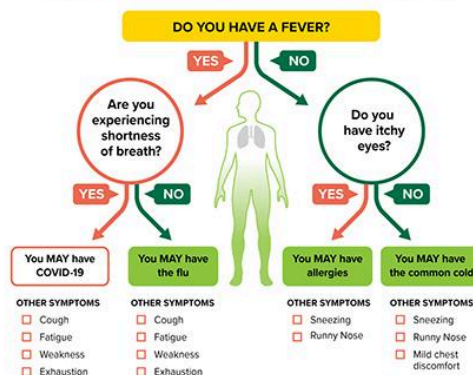
ALLERGIES OR A COLD?



COLD vs. ALLERGIES



Flu vs. Allergies vs. COVID-19



These are **COMMON SYMPTOMS**, which may vary from person to person. Only a doctor can give you a diagnosis.

uab.edu/coronavirus

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IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU