

**Patient Information:**

- **Name:** John Doe
- **Age:** 35
- **Gender:** Male
- **Medical Record Number:** 123456789
- **Date of Visit:** March 7, 2025
- **Physician:** Dr. Jane Smith

**Chief Complaint:** Cough and cold symptoms for the past 5 days.

**History of Present Illness:** Mr. Doe reports a 5-day history of cough, nasal congestion, and runny nose. He also mentions experiencing mild fever, sore throat, and body aches. He denies any shortness of breath, chest pain, or difficulty breathing. His symptoms started after he attended a social gathering where several people were also experiencing similar symptoms.

**Past Medical History:**

- No significant past medical history.
- No history of asthma or chronic obstructive pulmonary disease (COPD).
- No known allergies.

**Medications:**

- No current medications.

**Allergies:**

- No known drug allergies.

**Vital Signs:**

- Temperature: 99.6°F (37.6°C)
- Blood Pressure: 120/80 mmHg
- Heart Rate: 78 bpm
- Respiratory Rate: 16 breaths/min
- Oxygen Saturation: 98% on room air

**Physical Examination:**

- **General:** Alert and oriented.
- **Head and Neck:** No lymphadenopathy, no thyromegaly.
- **Cardiovascular:** Regular rate and rhythm, no murmurs.
- **Respiratory:** Clear to auscultation bilaterally, no wheezing or crackles.
- **Abdomen:** Soft, non-tender, no organomegaly.

- **Extremities:** No edema, no cyanosis.

**Assessment:**

- Upper respiratory infection (URI), likely viral etiology.
- Symptoms are consistent with a common cold.

**Plan:**

- Symptomatic treatment with over-the-counter (OTC) medications:
  - Analgesics for body aches and fever.
  - Decongestants for nasal congestion.
  - Antihistamines for runny nose.
- Increased fluid intake and rest.
- Follow-up in 7-10 days if symptoms persist or worsen.

**Patient Education:**

- Encourage plenty of fluids and rest.
- Use humidifiers to alleviate cough and congestion.
- Avoid close contact with others to prevent spreading the infection.