

# Patient Evaluation

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**Key Words** general medicine, cough, nasal congestion, sore throat, chills, clear mucus, fever

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**Transcript Summary** The patient presents with a cough, nasal congestion, and a sore throat, suggesting an upper respiratory tract infection.

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## Patient Summary

The patient's symptoms, including cough, nasal congestion, and sore throat, are indicative of a typical upper respiratory infection, likely viral in origin, such as the common cold or influenza. These symptoms align with the seasonal peak in viral respiratory illnesses, often exacerbated by cold weather. While the current sources do not specifically address this patient's symptoms, understanding common systemic errors in medication administration, as addressed in source one, could inform treatment, ensuring that prescribed medications are managed effectively to prevent errors. A focus on this clinical pattern reinforces the importance of evidence-based interventions in managing symptomatic relief for respiratory conditions. The patient's clear mucus suggests a viral etiology, distinguishing it from bacterial infections that often present with purulent sputum. In the context of source two, cannabis use for respiratory conditions is generally viewed negatively due to potential respiratory complications, further emphasizing traditional symptomatic treatments and supportive care as the primary management strategy.

## SOAP:

*Subjective:* Patient reports cough, nasal congestion, and sore throat with accompanying chills and fever.

*Objective:* Symptomatic pattern suggests a viral upper respiratory infection. Clear mucus discharge supports viral etiology.

*Assessment:* Probable viral upper respiratory infection, possibly due to common pathogens like rhinoviruses or influenza viruses.

*Plan:* Administer supportive care including hydration, rest, and over-the-counter antipyretics/analgesics such as acetaminophen. Monitor symptom progression and advise follow-up if symptoms exacerbate or persist beyond one week.

# Related Healthcare Fields:

- Infectious Disease: They specialize in diagnosing and treating viral infections affecting the respiratory system.
- Pulmonology: Focus on respiratory health and manage symptoms like cough and congestion.
- Internal Medicine: Provides comprehensive care for adult health issues, including the management of respiratory infections.
- Allergy and Immunology: Assesses immune function and provides insights on allergic reactions that could complicate respiratory infections.

# Devices needed:

- Thermometer: To monitor fever, which can indicate the presence and severity of infection.
- Pulse Oximeter: To assess oxygen saturation levels in the blood, ensuring respiratory function is adequate.
- Throat Swab: To test for specific viral pathogens, confirming etiology and guiding treatment decisions.
- Chest X-ray: To rule out complications such as pneumonia if symptoms do not resolve or worsen.

# Urgency Level:

Level: Medium

Justification: Symptoms are consistent with a common viral infection, suggesting non-critical status. However, monitoring is required to ensure symptoms do not develop into a more serious condition.

Recommended Action: If symptoms persist beyond a typical duration of 5-7 days or significantly worsen, further evaluation and possible change in management strategy should be considered.

Move to requests to **Accept** or **Decline** patient