

# Patient Evaluation

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<b>Key Words</b>	consult - history and phy., high fever, fever, lymphatic nodes, swollen, lymphatic, nodes, sore throat, malaise, lymphadenopathy
<b>Transcript Summary</b>	The patient presents with symptoms of sore throat, malaise, and lymphadenopathy, indicative of possible infection or systemic illness. The presence of swollen lymph nodes suggests an underlying infectious or inflammatory process.

## Patient Summary

This patient's presentation of sore throat, malaise, and lymphadenopathy is consistent with a differential diagnosis involving infectious mononucleosis, bacterial pharyngitis, or viral infections such as Epstein-Barr virus. The high fever and swollen lymph nodes provide further evidence for an infectious etiology. Classic studies show that Epstein-Barr virus commonly presents with these symptoms, often accompanied by a positive monospot test. In this case, the lymphadenopathy is a critical finding that correlates with various diseases involving immune response activation. According to established medical literature, the presence of pharyngitis, along with systemic symptoms like malaise and fever, necessitates consideration of both viral and bacterial causes, supported by laboratory tests such as complete blood count and throat cultures. Treatment should focus on symptom relief and addressing the underlying cause, potentially involving antiviral or antibiotic therapy as guided by diagnostic results.

## SOAP:

*Subjective:* The patient reports sore throat, malaise, and swollen lymph nodes for several days.

*Objective:* Clinical findings include palpable lymphadenopathy and possible pharyngitis.

*Assessment:* The symptoms and clinical presentation suggest infectious mononucleosis or a similar condition.

*Plan:* Perform diagnostic tests such as a monospot test, CBC, and throat culture; consider symptomatic treatment and consult infectious disease if diagnosis indicates.

## Related Healthcare Fields:

- Infectious Disease: To evaluate and manage potential infectious causes of lymphadenopathy and pharyngitis.
- Otolaryngology: To assess and treat throat symptoms and potential complications of pharyngitis.
- Hematology: Due to the lymphadenopathy, a hematologic evaluation might be necessary to rule out lymphoproliferative disorders.
- General Internal Medicine: For ongoing management and coordination of care across specialties.

## Devices needed:

- Throat Swab: To identify bacterial causes of pharyngitis through culture.
- Monospot Test: To diagnose infectious mononucleosis.
- Complete Blood Count (CBC): To assess white blood cell count and identify any atypical lymphocytes.
- Ultrasound of Lymph Nodes: To evaluate lymphadenopathy for size, consistency, and potential need for biopsy.

## Urgency Level:

Level: Medium

Justification: The symptoms suggest a possibly self-limiting viral infection but require diagnostic confirmation to exclude more serious conditions.

Recommended Action: Perform diagnostic tests within the next few days; follow-up within one week to review results and adjust treatment plan.

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