

# Patient Evaluation

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<b>Key Words</b>	consult, fever and chills, sore throat, runny nose, muscle aches, coronavirus, respiratory illness, infectious disease
<b>Transcript Summary</b>	The patient presents with fever and chills, sore throat, and a runny nose, suggestive of a respiratory illness potentially due to a viral infection like coronavirus.

## Patient Summary

The patient is experiencing symptoms consistent with an acute respiratory illness, characterized by fever, chills, sore throat, and runny nose. These symptoms are commonly associated with viral infections, particularly those affecting the upper respiratory tract, such as the novel coronavirus (SARS-CoV-2) or other influenza-like illnesses. A detailed clinical history and physical examination are crucial, as is the consideration of recent exposure history and travel. While differential diagnoses may include viral pharyngitis, influenza, or COVID-19, the clinical approach should focus on supportive management, isolation precautions, and diagnostic testing for respiratory pathogens. Given the absence of bacterial infection indicators like significant lymphadenopathy or purulent secretions, empirical antibiotic therapy might not be immediately warranted. Prompt identification and isolation are key to preventing the spread of potential infectious diseases in community settings.

## SOAP:

*Subjective:* The patient reports fever, chills, sore throat, and runny nose.

*Objective:* Fever observed; possible additional findings could include pharyngeal erythema and congested nasal passages.

*Assessment:* The symptoms are suggestive of an acute viral respiratory illness, possibly COVID-19 or another viral upper respiratory infection.

*Plan:* Recommend symptomatic treatment with antipyretics, increased fluid intake, and rest. Arrange for a COVID-19 test and consider isolation until results are confirmed.

## Related Healthcare Fields:

- Infectious Disease: Specialists in this field are crucial for managing potential viral infections and outbreaks.
- Pulmonology: Relevant for assessing and managing respiratory aspects of the patient's symptoms.
- Family Medicine: Involved in the primary assessment and ongoing management of common respiratory illnesses.
- Internal Medicine: Plays a role in diagnosing and managing systemic responses to infection.

## Devices needed:

- RT-PCR test: Used to diagnose COVID-19 infection by detecting viral RNA.
- Thermometer: To measure and monitor body temperature.
- Pulse oximeter: Used to monitor blood oxygen levels, which can decrease in severe respiratory infections.
- Stethoscope: For auscultation to identify abnormal lung sounds.

## Urgency Level:

Level: Medium

Justification: The symptoms indicate a possible viral respiratory infection. Early intervention and testing are advised to confirm diagnosis and prevent spread.

Recommended Action: Initiate testing and symptomatic treatment within the next 24-48 hours.

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