

Patient Evaluation

Key Words sleep medicine, cough, fatigue, chill, fever, sneeze, sleepiness, sniffle, sore throat, sweats

Transcript Summary The patient presents with symptoms indicative of a respiratory infection, most likely a viral origin such as an upper respiratory tract infection. Key symptoms include a severe cold, cough, fatigue, chills, fever, nasal congestion, sore throat, and night sweats.

Patient Summary

The patient exhibits classic symptoms of a viral upper respiratory tract infection, possibly caused by common cold viruses or SARS-CoV-2, given the cough, fatigue, and fever. Viral infections such as the common cold can manifest with cough, nasal congestion, sore throat, fatigue, and other systemic symptoms like chills and fever. According to recent studies, such as the one detailed in Source 2, fatigue and cough are prevalent among patients with acute COVID-19. These symptoms may overlap with other respiratory viruses as demonstrated in Source 1 where a patient with atypical pneumonia also experienced severe sore throat and fatigue, though other symptoms differ. Understanding the patient's exposure history to sick contacts is crucial, and a comprehensive assessment should include evaluation for serious conditions like pneumonia if symptoms persist or worsen.

SOAP:

Subjective: The patient reports having a very bad cold, accompanied by a persistent cough, severe fatigue, chills, fever, stuffy nose, sore throat, and night sweats.

Objective: Observable symptoms from clinical studies include cough and fatigue as significant in upper respiratory infections. Source 2 correlates fatigue, cough, and fever with COVID-19 profiles.

Assessment: The clinical presentation suggests an upper respiratory tract infection, likely viral. Differential diagnosis includes common cold (rhinovirus, coronavirus) and COVID-19.

Plan: Recommend supportive treatment including hydration, rest, and over-the-counter antipyretics for fever. If symptoms persist beyond a normal acute period (1-2 weeks) or worsen, consider testing for COVID-19, and potentially further evaluation for bacterial superinfection.

Related Healthcare Fields:

- Infectious Disease: Relevant for diagnosing and managing viral infections, including COVID-19.
- Pulmonology: Involves the diagnosis and treatment of lung and respiratory conditions.
- Internal Medicine: Addresses a wide range of symptoms involving multiple organ systems.
- Otolaryngology: Focuses on diseases of the ear, nose, and throat, which are affected in this condition.

Devices needed:

- Nasopharyngeal Swab and RT-PCR Test: Used for diagnosing SARS-CoV-2 (COVID-19).
- Complete Blood Count (CBC): Evaluates immune response and checks for possible bacterial infection.
- Chest X-Ray: Assesses any potential complications such as pneumonia if symptoms escalate.

Urgency Level:

Level: Medium

Justification: While the symptoms are severe enough to warrant monitoring and testing for viral infections, they are not immediately life-threatening and align with common viral infection manifestations.

Recommended Action: Advise the patient to undergo isolation and submit a sample for COVID-19 diagnosis within 48 hours, especially due to fever and fatigue presenting prominently.

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