

Age: 20 Years

Gender: Male

Recommendation:

Consult a physician within 24-48 hours for evaluation and diagnosis. If symptoms worsen significantly, especially severe abdominal pain.

Urgency: Moderate

Relevant findings:

- Fever onset: Within the last 24 hours
- Consistent high fever
- Dull headache with mild intensity (1-3/10)
- Sensitivity to light (photophobia)
- Nausea
- Sharp, localized abdominal pain in the upper right quadrant, worsened by eating fatty foods

Reason for consultation:

Fever, headache, nausea, and upper right quadrant abdominal pain.

Main symptom:

- Fever
- Headache
- Nausea
- Upper right quadrant abdominal pain

Diseases (Match Levels):

- Acute Cholecystitis: Moderate match
- Acute Viral Hepatitis: Moderate match
- Upper Respiratory Tract Infection (URTI) with Secondary Sinusitis: Low match

Relevant diseases advice:

****Acute Cholecystitis (Moderate match)****

- Pre-hospital care recommendations:
 - Avoid eating fatty foods to minimize gallbladder stimulation.
 - Drink plenty of fluids to stay hydrated.
- Symptoms to watch out for:
 - Severe, persistent abdominal pain, especially in the upper right quadrant.
 - High fever and chills.
 - Jaundice (yellowing of the skin and eyes).
 - Vomiting that prevents you from keeping down fluids.
- Self-care:
 - Rest and avoid strenuous activity.
 - Apply a warm compress to the abdomen (if it provides relief).
- Medication Suggestions:
 - Paracetamol (Acetaminophen) 500mg every 6 hours for fever and pain. (OTC)
 - Anti-emetic like Dimenhydrinate (Dramamine) for Nausea. (OTC)

****Acute Viral Hepatitis (Moderate match)****

- Pre-hospital care recommendations:
 - Avoid alcohol consumption and medications that could harm the liver (consult a doctor).
 - Stay hydrated.
- Symptoms to watch out for:
 - Jaundice (yellowing of the skin and eyes).
 - Dark urine and pale stools.
 - Severe abdominal pain.
 - Confusion or altered mental state.
- Self-care:
 - Rest and avoid strenuous activity.
 - Eat a light, easily digestible diet.
- Medication Suggestions:
 - Paracetamol (Acetaminophen) 500mg every 6 hours for fever and pain. (OTC)

****Upper Respiratory Tract Infection (URTI) with Secondary Sinusitis (Low match)****

- Pre-hospital care recommendations:
 - Nasal saline irrigation to help with sinus congestion.
 - Steam inhalation to relieve congestion.
- Symptoms to watch out for:
 - Worsening sinus pain and pressure.

- Thick, discolored nasal discharge.
- High fever.
- Facial swelling.
- Self-care:
 - Rest and get plenty of sleep.
 - Stay hydrated.
- Medication Suggestions:
 - Paracetamol (Acetaminophen) 500mg every 6 hours for fever and pain. (OTC)
 - Decongestant nasal spray (e.g., Oxymetazoline) for nasal congestion (use for a maximum of 3 days). (OTC)

All Answers:

- High fever throughout the day.
- Fever started within the last 24 hours
- Headache and stiff neck
- Dull ache all over your head
- Only sensitivity to light
- Mild headache (1-3/10)
- Nausea only
- Yes, sharp and localized pain
- Upper right quadrant
- Eating fatty foods
