

**PROTOCOL #9** – Testing and Triage, University of New Mexico

**Upper Respiratory Illness**

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**History:**

*Onset:* Acute (<2weeks) or chronic (<2 weeks)

*Symptoms:* congestion, cough, sore throat, fever, myalgias, headache, sob, nausea, vomiting , diarrhea.

*Prior diagnostic procedures:* CXR, strep cx, labs

*Prior treatment:* antibiotics, remedies

*Past medical/surgical Hx*

*Current medications/ allergies*

**Evaluation:**

*HEENT:* consider rapid strep, strep cx, heterophilic antibodies

*NECK:* lymphadenopath

*CHEST:* consider CXR for any asymmetry

*SKIN:* look for characteristic rashes (varicella, parvo, rubella)

*ABDOMEN:* look for tenderness, hepatosplenomegaly, consider UA Cx and S.

**Treatment:**

Most are viral and will resolve within 2-3 weeks; therapy is supportive.

OTC meds

Encourage PO hydration, Tylenol

Flu vaccine

Antibiotics for documented bacterial infection. (pharyngitis, otitis, pneum, etc)

Consider antibiotics for prolonged symptoms