

34a

Practice Name: \_\_\_\_\_

**URGENT CARE RECORD**  
**◆ Flu Like Symptoms / Flu Exposure◆**  
 Fall 2009 – Spring 2010

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ ROOM: \_\_\_\_\_

HISTORIAN: patient spouse other \_\_\_\_\_

MODE OF ARRIVAL: ambulatory other \_\_\_\_\_

**chief complaint:** \*fever \*"flu" \*flu exposure \_\_\_\_\_  
 cough sore throat body aches sinus pain chills \_\_\_\_\_

**HPI**

**onset / duration:** \_\_\_\_\_ hrs / days ago constant sudden-onset  
 \_\_\_\_\_ intermittent episodes  
 \_\_\_\_\_ lasting  
 \_\_\_\_\_ worse / persistent since \_\_\_\_\_

**context:**

\*exposure to flu type A / B / novel H1N1 suspected / confirmed / unknown  
 recent travel \_\_\_\_\_ days ago location: \_\_\_\_\_  
 CO exposure \_\_\_\_\_ recent tick bite \_\_\_\_\_  
 recent camping \_\_\_\_\_

**severity:** mild moderate severe (1/10) \_\_\_\_\_

**associated symptoms:**

*fever / chills	earache
*runny nose	chest pain
*sinus pain / drainage	cough <i>bloody / productive</i>
*sore throat / hoarseness	shortness of breath
*cough <i>dry / productive</i>	mild moderate severe
sweating	wheezing <i>painful breathing</i>
allergy / hay fever	headache
	weakness
	nausea / vomiting

**worsened by:** deep breath \_\_\_\_\_

Similar symptoms previously \_\_\_\_\_

Recently seen / treated by doctor / hospitalized \_\_\_\_\_

**ROS**

<b>EYES</b>	CVS
eye problems <i>redness itching</i>	palpitations
<b>MS / SKIN</b>	LYMPH
joint pain	leg / ankle swelling
muscle aches	swollen glands
rash	NEURO / PSYCH
	fainting
<b>GI / GU</b>	dizziness
abdominal pain	confusion
diarrhea	anxiety / depression
problems urinating	
LNMP _____ <i>preg post-menop</i>	
tampon use	<input type="checkbox"/> all systems neg except as marked

PT. Name: \_\_\_\_\_ NEW EST

AGE: \_\_\_\_\_ M / F SS#: \_\_\_\_\_

Wt: \_\_\_\_\_ Ht: \_\_\_\_\_ Temp: \_\_\_\_\_ Pulse \_\_\_\_\_

BP:(R) \_\_\_\_\_ (L) \_\_\_\_\_ RR: \_\_\_\_\_ SaO<sub>2</sub> \_\_\_\_\_

MA / Nurse Sig - \_\_\_\_\_

\_\_\_\_\_ reviewed and updated: Past Hx Family Hx Social Hx  
 Location: \_\_\_\_\_ in chart \_\_\_\_\_ Date: \_\_\_\_\_

**PAST HX**

^cancer chemo / rad tx _____	^cardiac disease
^lung disease _____	A-Fib angina CAD CHF AMI
asthma COPD pneumothorax	diabetes Type 1 Type 2 _____
pseudomonas bronchiectasis	diet / oral / insulin _____
pneumonia bronchitis TB	GI bleed / ^cirrhosis _____
DVT / PE risk factors: cast cancer	hypertension _____
recent surgery leg swelling bedridden	^hepatitis / ^HIV _____
paralysis prior DVT/PE _____	
^stroke _____	

**Immunizations:** influenza / H1N1 / pneumovax UTD / referred to PCP

<b>Medications</b> none see nurses note	<b>Allergies</b> NKDA
aspirin ibuprofen acetaminophen	see nurses note
*BCP _____	

**SOCIAL HX** attends daycare / school name \_\_\_\_\_

Work hx / animal exposure: \_\_\_\_\_ occupation \_\_\_\_\_  
 # of people living in home \_\_\_\_\_ lives in house apt other \_\_\_\_\_  
 smoker \_\_\_\_\_ PPD drugs \_\_\_\_\_  
 alcohol (recent / heavy / occasional) \_\_\_\_\_

**FAMILY HX** \_\_\_\_\_ negative

**PHYSICAL EXAM**

**General Appearance**

no acute distress mild / moderate / severe distress  
 alert anxious / lethargic

**EENT**

eyes nml inspection	pain on percussion over sinuses
nml ENT inspection	frontal / maxillary / ethmoid
lids & conjunct. nml	scleral icterus / pale conjunctivae
PERRL	conjunctival erythema / exudate
ears nml	EOM palsy / anisocoria
	TM erythema / dullness ( R / L )
	loss of TM landmarks ( R / L )
	TM obscured by cerumen / exudate ( R / L )
nose nml	rhinorrhea / mucosal edema
	purulent nasal drainage
pharynx nml	mouth ulcerations
airway nml	pharyngeal erythema
	tonsillar exudate / swelling
	peritonsillar mass
	muffled / hoarse voice
	trismus

\*CONST / ENT / CVS / RESP / NEURO components also addressed in HPI

\*= see CDC tool sheet

**NECK**

\_\_ nml inspection  
 \_\_ supple

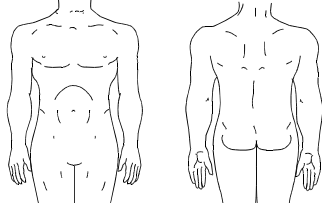
\_\_ lymphadenopathy  
 \_\_ meningismus  
 \_\_ Kernig's sign / Brudzinski's sign

**RESPIRATORY**

\_\_ no resp. distress  
 \_\_ breath sounds nml

\_\_ respiratory distress  
 \_\_ splinting / retractions / accessory muscle use  
 \_\_ prolonged expirations  
 \_\_ decreased air movement / stridor  
 \_\_ wheezes / rales / rhonchi

T=tenderness  
 R=rebound  
 m=mild  
 mod=moderate  
 sv=severe



**ABDOMEN**

\_\_ non-tender  
 \_\_ no organomegaly  
 \_\_ no distention

\_\_ tenderness  
 \_\_ hepatomegaly / splenomegaly / mass  
 \_\_ abnml bowel sounds

**CVS**

\_\_ reg. rate & rhythm  
 \_\_ heart sounds nml

\_\_ irregularly irregular rhythm  
 \_\_ extrasystoles ( occasional / frequent )  
 \_\_ tachycardia / bradycardia  
 \_\_ JVD present  
 \_\_ murmur grade \_\_\_ /6 sys / dias  
 \_\_ gallop ( S3 / S4 )  
 \_\_ decreased pulse(s)

**SKIN**

\_\_ color nml, no rash  
 \_\_ warm, dry  
 \_\_ no petechiae

\_\_ cyanosis / diaphoresis / pallor  
 \_\_ skin rash  
 \_\_ embolic lesions / signs of IVDA

**EXTREMITIES**

\_\_ non-tender  
 \_\_ nml ROM  
 \_\_ no pedal edema

\_\_ pedal edema  
 \_\_ calf tenderness / Homan's sign  
 \_\_ joint swelling

**NEURO / PSYCH**

\_\_ oriented x3  
 \_\_ CN's nml as tested  
 \_\_ sensation nml  
 \_\_ motor nml  
 \_\_ mood / affect nml

\_\_ disoriented to: person / place / time  
 \_\_ facial palsy  
 \_\_ weakness / sensory loss  
 \_\_ depressed mood / affect

**LABS & XRAYS**

*Rapid Flu	<b>CBC</b>	<b>Chemistries</b>	<b>UA</b>
*DFA / IFA	normal except	normal except	normal except
*RT-PCR	WBC	Na	dip:
Mono Spot	Hgb	K	
Strep Screen	Hct	CO2	
<b>Cultures sent</b>	Platelets	Gluc	<b>ABGs</b>
blood x	segs	BUN	RA / ___ LO2
sputum	bands	Creat	pH
*viral	lymphs		pCO2
			pO2

**XRAYS**  Interp. by me  Reviewed by me  Discsd w/ radiologist

**CXR**  
 \_\_ nml / NAD \_\_ no infiltrates \_\_ nml heart size \_\_ nml mediastinum

**Treatment**

\_\_ pt. does not meet CDC recommendations for antiviral treatment  
 \_\_ positive influenza B can be given antiviral agent  
 Zanamivir \_\_\_ or Oseltamivir \_\_\_  
 \_\_ positive influenza A use antiviral agent Zanamivir \_\_\_  
 \_\_ positive influenza A and B can be given antiviral agent  
 Zanamivir \_\_\_ or Oseltamivir \_\_\_  
 \_\_ positive novel H1N1\* meeting CDC criteria should be given  
 Zanamivir \_\_\_ or Oseltamivir \_\_\_

**PROGRESS**

Time \_\_\_\_\_ unchanged improved re-examined

◆ CAP - SaO<sub>2</sub> / VS / MSE / antibiotic(s) / BC / pathogen / CXR or CT / transfer antibiotics given

**CLINICAL IMPRESSION**

Influenza A B H1N1(swine) suspected	probable	*confirmed
Influenza Like Illness	Cellulitis / Necrotizing Faciitis	
Fever	CO Exposure	
Asthma - acute exacerbation	Endocarditis	
Bronchitis - acute asthmatic	Malaria	
Dyspnea - acute	Meningitis	
Pharyngitis - Strep Mono	Neutropenia	
Pyelonephritis	◆ Pneumonia	
Sinusitis	Pulmonary Embolism	
Upper Respiratory Infection	Toxic Shock Syndrome	
Viral Syndrome	Sepsis	

**DISCHARGE & COUNSELING**

Rx: \_\_\_<sup>CDC</sup> Oseltamivir (Tamiflu) \_\_\_<sup>CDC</sup> Zanamivir (Relenza)

Discharge instructions: \_\_\_\_\_

Counseling provided: \_\_ lab results \_\_ diagnosis \_\_ need for follow-up  
 \_\_ Flu precautions \_\_ Emergency Warning Signs

Time spent counseling: \_\_\_ minutes \_\_ Admit orders written

DISPOSITION-  home  admitted  transferred

FOLLOW-UP-  PCP  return to clinic

CONDITION-  unchanged  improved  stable

total face-to-face time: \_\_\_ minutes

**PHYSICIAN SIGNATURE-**

Template Complete