

Name: Amanda

Wheaton Age: 23 years

old

Sex: Female

Interview Questions

1. How can I help you today?- sore throat
2. Any other symptoms? Headache, come and go—swollen and tender neck gland
3. Anyone else develop symptom—contact?- roommate with bad sore throat- earlier in week—was check out at clinic but don't know Dx
4. How severe is sore throat?—" hurts like hell"- " like ice pick"-worse that I've had in my life—11/10 pain scale
5. Sore throat make better or worse- acetaminophen (just little), ice cream
6. Sore throat tx- Tylenol
7. When did your sore throat start?- two days ago
8. When did your headache start?- two days ago
9. Headache- mild
10. Headache help- acetaminophen
11. Do you have cough?- no
12. Any allergies? NKA
13. Any prescription medication?- oral-contraceptive pills (drospirenone/ethinyl estradiol)
14. Any OTC or herbal medication- Tylenol
15. Any flu shots? No flu shot but all covid shots
16. Up to date immunization? Yes
17. Any past health history? Mono when she was 15 (Infectious mononucleosis at age 15)
18. Fever? Temp 101.8 last night- felt horrible
19. Tx- acetaminophen but fever comes back
20. Chills? Mild chills
21. Problem swallowing?- yes " when I swallow". " don't want to eat, even though appetite is okay"
22. Sexually active?- yes, with one partner only
23. Oral sex- occasionally
24. Fatigue or tired? No
25. Sleeping difficulty? No
26. Weight loss? No
27. Chest pain? No
28. SOB? No
29. Abdominal bloating? No

30. Nausea or vomiting? No
31. Muscle pain or cramping? No
32. Gland tender, painful or hard? Tender, painful to touch
33. Any rash? No

HPI	Sx = sore throat	Sx = headache	Sx = swollen and tender neck gland	Sx = fever with chills	Sx = difficulty swallowing	Sx =
Onset	two days ago	two days ago	two days ago	two days ago	Two days ago	
Location	throat	head	neck			
Duration	2 days	come and go	n/a	Come and go	persistent	
Characteristics	"like ice pick"	mild headache	very tender, painful to touch	temp 101.8, "felt horrible"	"hurts"	
Aggravating	none	none	none		With sore throat	
Relieving	tylenol and ice cream helps a little	tylenol	none	Tylenol but fever comes back	none	
Timing / Treatments	tylenol	tylenol		tylenol	tylenol	
Severity	11/10, "hurts like hell"	mild	painful to touch, tender			

History

1. **Reason for encounter-** The patient presents with a sore throat

2. History of present illness (HPI)

Amanda Wheaton, a 23-year-old female law student with a history of infectious mononucleosis at age 15, presents with a severe sore throat for two days. She describes the pain as "sharp like an ice pick" and rates it "11/10" in severity. She also reports intermittent fever with chills (temperature 101.8 F last night), a mild headache, and swollen, tender neck glands that are painful to touch, which started two days ago. Acetaminophen has provided only temporary relief, and she notes that ice cream offers slight relief for her sore throat. She denies any specific aggravating factors. She reports sick contact with her roommate, who had a sore throat earlier in the week.

3. Review of systems

- General- The patient reports feeling healthy before symptoms onset. The patient reports fever (temperature 101.8F last night) and chills. Denies any weight loss.
- HEENT/neck

- H- headache
- E- denies eye pain, redness, swelling, itching or discharge
- E- denies ear pain, bleeding, or discharge
- N- denies any nasal congestion, post-nasal drip, or nosebleed
- T- sore throat, throat pain, and difficulty with swallowing
- Cardiovascular- denies chest pain or discomfort
- Respiratory- denies cough and difficulty breathing
- Gastrointestinal- denies nausea, vomiting or bloating
- GU- not assessed
- Musculoskeletal/osteopathic structural examination- denies muscle pain or cramping
- Neurologic- headache
- Integumentary/breast- no rash
- Psychiatric- not assessed
- Endocrine- not assessed
- Hematologic/lymphatic- bilateral swollen and tender neck glands
- Allergic/immunologic- no known allergies
- Past medical history- infectious mononucleosis at age 15
- Hospitalization/surgeries- none
- Preventative health- no flu shot this year otherwise compliant with immunization including COVID shots, birth control pills
- Medications
 - Rx: drospirenone/ estradiol (oral contraceptive pill (OCP))- 3mg/0.02 mg tabs; 1 tab PO daily for contraception
 - OTC: Acetaminophen as needed
- Allergies- no known allergies
- Social history
 1. Tobacco: denies
 2. Alcohol: two to three drinks per week; CAGE- 0/4
 3. Drugs: denies use of any illicit drugs
 4. Diet: includes campus food and some home-cooked meals
 5. Stressors: denies
 6. Living situation/housing: lives with a roommate
 7. Occupation: law student
 8. Sexual history: sexually active, heterosexual, monogamous, no history of STI, occasional oral sex
- Family history
 1. Mother- high blood pressure
 2. Father-unknown
 3. Grandparents-unknown

Physical Exam

Name: Amanda

Wheaton Age: 23

Sex: F

Height:

67

Weight: 120 lb

BMI: 18.8

Cognitive status: A and O x 4

Temp : 38.6 C (101.5F) oral

Pulse: 94 bpm, rhythm, regular, strength: normal

BP: left 126/80; right : 126/78--- normotensive, pulse pressure-normal

Respiration- 14 bpm, rhythm-regular, effort- unlabored

SpO2- 98%

- General- well-groomed, calm, alert & oriented x 4, not in any distress
- HEENT/neck
 1. Head- normocephalic, atraumatic
 2. Eyes- PERRLA, no erythema, drainage or swelling.
 3. Ears- external ears without deformities, lesions, masses, or erythema. Canals without edema or erythema. Tympanic membranes are non-bulging, translucent, and pearly gray with an intact cone of light bilaterally. No perforations, erythema, or exudates bilaterally.
 4. Nose- no discharge or polyps. Nasal mucosa pink and moist.
 5. Throat- enlarged tonsils, right slightly larger than left, with prominent exudates bilaterally. Posterior pharynx erythema. No oral ulcers or vesicles. Uvula midline.
 6. Neck- thyroid mobile without masses, tenderness, nodules, or enlargement. Bilateral tender cervical lymphadenopathy, nodes approximately 1.5 cm in size, rubbery and mobile
- Cardiovascular- regular rate and rhythm without murmurs. No thrills or bruits.