

Virtual Viral Visit Guide

HISTORY

Identification and introduction (nature of the visit, confidentiality, consent)

Previous medical history:

Any serious pre-existing medical conditions diabetes, Asthma, COPD, Heart disease, cancer, immunosuppression.

Previous pneumonia? bronchitis?

Previous (recent) antibiotics use?

Does this feel like an usual asthma exacerbation?

Have you ever used tobacco products?

Current medications

Allergies

Travel history in last 14 days or contact with someone with or under investigation for COVID

Current symptoms:

Viral symptoms : sore throat, runny nose, sneezing, fatigue, anorexia, muscle aches, headache, Fever (axillary or oral >37.5) Night sweats, Chills, Cough (dry or wet) Shortness of breath? on exertion? walking uphill? S.O.B. while speaking? at rest?

***** Assess for deterioration of overall health ,any deterioration in control of comorbid conditions**

***** Assess duration of symptoms; are they improving, stable or worsening?******

VIRTUAL PHYSICAL EXAM



General appearance

Look for cyanosis

Vitals obtained by patient:

Temperature:

Pulse:

Respiratory Rate

Blood pressure:

Chest:

Accessory muscle use

Audible wheezing

Cough

Neuro:

Screen for confusion

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TREATMENT AND PLAN

Low Threshold for Empiric Antibiotics

COPD

Smokers

Diurnal pattern of symptoms (was sick, got better then got worse again)

Asthma

Immunosuppression

Active cancer

When to consider Chest X-Ray:

Viral symptoms, getting better and then getting worse again

Worsening of symptoms after 4-5 days or prolonged/not improving after 7 days

When to consider sending to ER:

Low Blood Pressure

Confusion

Shortness of breath at rest or if severe

Cyanosis

Respiratory rate > 22

Chest pain

When to Consider testing for COVID:

Travel or contact in last 14 days and viral respiratory symptoms (more than just coryza)

Patient can call: 514-734-9909 for testing

Things to consider:

Increased work of breathing and known asthmatic: use puffers – asthma action plans

