

RESPIRATORY INFECTION

Level I

Skill Level: RN

Definition: Mild inflammation/infection of respiratory tract without pulmonary compromise.

MILD	
<p>Subjective: (may complain of any or all):</p> <ul style="list-style-type: none"> • I have a cold/flu. • Congestion and/or runny nose. • Cough or sneezing; clear to whitish mucous. • Sore throat. • Ears feel plugged. 	<p>Assessment:</p> <ul style="list-style-type: none"> • Alteration in comfort. • Alteration in gas exchange.
<p>Objective:</p> <ul style="list-style-type: none"> • Patient generally looks well. • Duration of symptoms 2-14 days. • Fever: <100.4 Degrees F. • Lung sounds clear. • Oxygenation Status: Normal. O2 sat >94% or at baseline. 	<p>Plan: Patient education and self-care items for this protocol include:</p> <ul style="list-style-type: none"> • Tylenol/Aspirin 1-2 tabs every 4 hours. • Ibuprofen 200 mg 1-2 tabs QID. • <u>Naprosyn, Aspirin, and Ibuprofen are not recommended for pain management for pregnant patients, please instruct all pregnant patients to use Acetaminophen (available in housing units) for minor pain management.</u> • May suggest comfort items off canteen including cough drops and chest rub. <p>Treatment is self-care</p> <ul style="list-style-type: none"> • Increase rest. • Frequent hand washing. • Increased hydration with non-caffeinated beverages. • Return if no improvement/ worse in 5 days. • RN may consider going to Level II if deemed necessary. • If cough continues more than 30 days, even if the illness appears to be mild, refer to medical provider for evaluation.

Respiratory Infection – Level I

APPROVED:

Medical Services Manager

Date

Chief Medical Officer

Date

Steve Sherron M.D.

2/24/2015

Medical Director

Date

Effective Date 3/2015

Revised: February 2015