

**Activity 3.3.1: Medical History – Visit #1**

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| Patient’s Name: | Age: | Date: |
| Melissa Martin | 11 | February 5  |
| Height: | Weight: | Temperature: |
| 52 inches | 70 lbs. | 98.3°F |
| Blood Pressure: | Pulse: | Respiration Rate: |
| 110/72 | 75 bpm | 22 bpm |
| **Case History**Melissa is an 11 year-old girl who has been having coughing fits for the past 6 days. Her mom is concerned as her school reports that she has been reluctant to participate in gym class. Melissa states that she is embarrassed that she can’t keep up with her friends. She has also been having trouble lasting her entire ballet class without feeling tired or starting to cough. Melissa’s records report five upper respiratory infections and associated coughing in the past 18 months. Mild wheezing is reported at each of these appointments. Melissa describes the cough as “dry” and says during these times of infection, she wakes up coughing more than once a night. **Physical Exam*** Patient’s pulse is normal. Pulse ox = 91%
* No wheezing is appreciated on this appointment.
* Patient said she has no ear pain or a sore throat. Upon inspection, her ears, nose, and throat all look normal.
* Patient’s glands are not swollen.
* Patient’s speech, hearing, and vision appear normal.

**Explanation of Symptoms**Melissa´s symptoms line up with the symptoms of asthma in adolescent children. She has trouble with coughing, especially at night. Physical activity strains her and wheezing is often present. She has had multiple (5) upper respiratory infections in the past 18 months. Also, her respiratory rate is high for her age. Range- 12-20, hers- 22bpm. With her symptoms, it can be concluded that she suffers from asthma.**Recommendations**One recommendation is to prescribe an inhaler for the child to have at all times. She must take the inhaler at any early signs of wheezing and before physical activity.Frequent allergy shots are also recommended to help decrease the entrance of allergens into her system. Also, schedule appointments with an allergist to discuss an asthma plan that works for the child. |