

## Prolonged Cough

### Door Note

**Setting:** Physician's office

### HPI

45 year old man/woman presents with cough for 4 weeks.

**Appearance:** Coughing periodically in the office. When s/he coughs it's 4-5 coughs in a row, her face turns a bit red, then s/he's OK. Seems comfortable and in no distress.

VS's: T 99<sup>0</sup>; P 110; RR 20; BP 115/80 Pox 97% RA

**Setting:** Physician's office

## **HPI**

45 year old man/woman presents with cough for 4 weeks.

She was well until about 1 month ago when s/he developed a runny nose with sneezing, congestion, and mild cough.

After about 10 days the cough worsened as the runny nose improved. S/he continued to sneeze at times and have some congestion. The cough was worse at night and sometimes when she ate. Each night for the past two weeks, s/he woke up once or twice and felt that s/he couldn't breathe because s/he was coughing so much. The cough is wearing him/her down. S/he has mostly continued to go to work (although missed 3 days cause s/he slept so poorly).

## **Positives**

- Appetite is down and lost about 5 pounds. Drinking well.
- Developed some chest pain that is in the center of his/her chest and on the left. It's worse when s/he coughs and stretches.
- S/he used to take the stairs at work but now takes the elevator because of a lack of energy. Walking up the stairs also sent him/her into fits of coughing.
- In the last two weeks s/he has preferred to sleep with his/her head elevated (2 pillows). If asked, it's because she's afraid that lying down will worsen her cough.
- S/he has had frequent headaches in the past 2 weeks which is unusual for him/her.

## **Negatives**

- No sputum production
- There has not been any fever or vomiting but sometimes with the cough s/he gags (nothing comes out).
- In between coughing there is no problem breathing.
- Denies diarrhea or travel.
- S/he doesn't know anyone who has a problem with coughing.
- If asked s/he does not know anyone with HIV, or anyone who has been in prison.
- No swollen ankles.

## **PMH**

- Mild hypertension (x 5 years) treated with hydrochlorothiazide 25 mg qd. Well controlled.

## **Meds**

- Hydrochlorothiazide 25 mg qd

## **SH**

- Smokes 1 pack of cigarettes per day since the age of 17. Quit a couple of times but always went back to smoking.
- Married. Lives with spouse, 16 year old daughter, 13 y.o. son, and a cat. All are healthy.
- Works as a social worker in a nursing home and volunteers in the son's middle school.

**FH:** Aunt has allergies

**PE**

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VS's: T 99<sup>0</sup>; P 110; RR 20; BP 115/80 Pox 97% RA

HEENT: Eyes without conjunctivitis. TM's clear. Nose slightly stuffy with yellow mucous. Mucosa is red. Throat is 1+ red. Tonsils not seen. No lesions.

Neck: Supple without adenopathy. No JVD.

Lungs: Normal AP diameter. Good air exchange bilaterally. No wheezes, rales, or retractions.

Heart: NI S1 and S2. No murmurs, gallops, or rubs. PMI is medial to the mid clavicular line. No heaves.

Abdomen: Soft, NT, without HSM.

Extremities: No clubbing. No edema. No cords.

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