

# RESPIRATORY INFECTION - MILD

## Level I - Mild

Skill Level: RN

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

MILD	
<p><b>Subjective:</b> (may complain of any or all):</p> <ul style="list-style-type: none"><li>• I have a cold/flu.</li><li>• Nasal congestion and/or runny nose.</li><li>• Hacking cough and/or sneezing may be productive of clear to whitish mucous.</li><li>• Scratchy sore throat.</li><li>• Patient's ears feel plugged.</li><li>• "I would like some cold medication."</li></ul>	<p><b>Assessment:</b></p> <ul style="list-style-type: none"><li>• Alteration in comfort related to coryza.</li></ul>
<p><b>Objective:</b></p> <ul style="list-style-type: none"><li>• Patient looks well without significant objective signs of illness.</li><li>• Review history for complicating chronic medical condition, including elderly or debilitated, diabetic, cardiac or respiratory disease.</li><li>• Duration of symptoms 2-14 days.</li><li>• Cough productive or white/clear sputum.</li><li>• Fever: &lt;101</li><li>• Lung sounds clear.</li><li>• Oxygenation Status: Normal</li><li>• Function: Able to function.</li></ul>	<p><b>Plan:</b> <b>Patient education and self-care items for this protocol include:</b></p> <ul style="list-style-type: none"><li>• Tylenol/Aspirin 1-2 tabs every 4 hours.</li><li>• Ibuprofen 200 mg 1-2 tabs QID.</li><li>• Handout, personal education.</li></ul> <p>Treatment is self-care, palliative and may include:</p> <ul style="list-style-type: none"><li>• Increased hydration with non-caffeinated beverages.</li><li>• Increased rest.</li><li>• Return for follow up if no improvement in 5 days or symptoms worsen.</li><li>• Consider going to Level II protocol or nurse recheck in 1-2 days if age &gt;60, diabetic, cardiac or known respiratory disease.</li><li>• If cough continues more than 30 days, even if the illness appears to be mild, refer to medical provider for evaluation.</li></ul>

**Respiratory Infection - Mild - Level I**

Patient Teaching:

1. **Hydration:** Advise patient to avoid caffeine products.
2. **Disease course and expected outcome:** Reassure patient that with appropriate palliative treatment, the symptoms are self-limiting and generally resolve in one to two weeks.
3. **Prevention:** Hand washing and proper disposal of nasal secretions should be emphasized to curtail the spreading of infection.

**APPROVED:**

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Health Services Manager

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Date

\_\_\_\_\_  
Chief Medical Officer

\_\_\_\_\_  
Date

Steve Sheehan MD  
Medical Director

1/12/09  
Date

Effective Date 1/09  
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