



AFTER VISIT SUMMARY

Ava G. Crawford DoB: 12/16/2010

📅 11/4/2021 1:45 PM 📍 Pediatric Associates of Northern Colorado 970-484-4871

Instructions from Katherine Johnson, NP

For sore throat:






1. Your child has been diagnosed with sore throat, likely from a virus as the rapid strep test was negative.
2. If a throat culture was sent for confirmation, then we will call ONLY if results are positive for strep in the next 48-72 hours. If you would like to know the culture results you may check My Health Connections patient portal or call us in 3 days. You have the right to decline having a culture sent, please notify us if this is the case.
3. For pain control: Ok to give acetaminophen and/or ibuprofen (please see our website for dosing instructions), ok for throat lozenges.
4. Please encourage fluids so that your child stays hydrated.
5. Call back or return to care for continued pain, difficulty breathing, not able to drink fluids, signs of dehydration (less urine, no tears when cry, etc.), significant neck swelling, inability to fully open mouth or any other concerns. If your child appears to be worsening or not improving over the next week then please notify us.

Covid-19 (Coronavirus) information:

1. Symptoms: fever, cough, shortness of breath., sorethroat/GI symptoms. Symptoms in children are typically mild.
2. The highest risk groups are people over 60 yrs old and those with chronic health conditions (diabetes, cardiac disease, respiratory diseases, etc...)
3. Testing: Nasal PCR swab and antibiotic testing available. UHealth is doing outpatient testing via nasal swab for PCR (we are now able to do the swab and send it to the lab; or collection at the below listed drive through sites are also available). Ask your provider for more information. At this time antibody testing is not felt to be reliable; we await more guidance from our local infectious disease experts at Children's Hospital.
4. How to protect your family: limited exposure to ill people ("social distancing" = isolating your family from gatherings or highly populated areas. Don't touch your face with unwashed hands. Wash hands or use alcohol based sanitizer (at least 60% alcohol content).
5. If your child is sick: stay at home, do not visit anyone that is high risk for complications (grandparents or those with chronic disease), cover coughs with elbow or kleenex, disinfect touched objects or surfaces. Seek medical care for breathing concerns or significant worsening of symptoms. Use standard treatments for fever and cough (tylenol, humidity, honey, etc....).
6. For people with suspected Covid 19, it is recommended to isolate for at least 10 days and at least 24 hours after fever resolves (without

Today's Visit

You saw Katherine Johnson, NP on Thursday November 4, 2021. The following issues were addressed: Viral upper respiratory tract infection; Acute pharyngitis, unspecified etiology; and Encounter for screening laboratory testing for COVID-19 virus.

	Blood Pressure 114/64		Temperature (Oral) 98.4 °F
	Pulse 95		Respiration 20
	Oxygen Saturation 96%		

📦 Done Today

- Strep Pharyngitis Screening Culture for Acute pharyngitis, unspecified etiology
- POCT RAPID STREP A CPT 87880 MANUAL RESULT ENTRY for Acute pharyngitis, unspecified etiology

My Health Connection

View your After Visit Summary, schedule appointments, send messages, and refill medications by downloading the UHealth Mobile App for Apple or Android.

Download the UHealth Mobile App to create an account today or register online at:
<https://www.uhealth.org/access-my-health-connection/>

Instructions (continued) from Katherine Johnson, NP

- fever reducers) and symptoms are improved. For those in contact with a sick person, isolation for 14 days is recommended.
7. For more information go to the CDC.gov website.
 8. Return to school/daycare letters may be written but do not expect at the time of the visit as most children will need to be tested for Covid. Once the results return, we may write an appropriate letter with our recommendations.
 9. For Covid exposure: new recommendations as of 12/2020. Ideally quarantine for 14 days. But if asymptomatic and tested at 6 days and negative, then may come out of quarantine at 7 days (while still monitoring for covid symptoms for 14 days). If not tested but no symptoms then may come out at 10 days. If a contact is covid vaccinated (2 weeks after final dose), then they should test at 3-5 days from exposure but do not need to quarantine (unless symptoms develop, then test sooner and isolate).



Labs ordered today

FLUVID (SARS-CoV2/FluA/B/RSV RNA test)
Complete as directed



Return if symptoms worsen or fail to improve.


What's Next

You currently have no upcoming appointments scheduled.

Information Sharing

We believe in information transparency, and that you deserve to see your health information as soon as it is available.

This means you could see some information before we have a chance to review it. It might take a few days to review routine test results and explain what they mean for you, but we will get in touch with you quickly if the results are urgent.

 If you have any questions, ask your nurse or doctor.

multivitamin per tablet
Commonly known as: HEXAVITAMIN

Take 1 tablet by mouth daily.

Here is your list of medicines. If you have questions about a medicine, ask the provider who prescribed it. It is important to throw out your old medicine lists. You should keep your newest medication list with you in case of emergency.

Allergies

No Known Allergies

Health Tips

1. We recommend writing down your medical questions and your treatment goals for your next visit.
2. Unless you and your doctor have agreed on a different goal, we suggest an hour of physical activity every day for healthy adults. This is recommended by the American Heart Association.