

COLD SYMPTOMS/ALLERGIES/COUGH, A-3

If a Soldier states that they have a cold, determine what complaint to screen by asking, “What do you mean by a cold?” If his/her complaint can be screened by another protocol, use that protocol.

Red Flags. If the Soldier presents with any of the red flags, immediately disposition the Soldier as “Provider Now.” Shortness of breath and abnormal pulse oxygenation suggest respiratory compromise. The soldier should be immediately started on oxygen pending further evaluation. Fever with a stiff neck suggests meningitis. Quick Sequential (sepsis-related) Organ Failure Assessment (qSOFA) is comprised of a respiratory rate greater than 21, systolic blood pressure less than 101, and Glasgow coma scale less than 15. Coughing up blood clots or quarter sized amounts of blood can be a sign of bleeding within the lungs.

DP1. Soldier with an ongoing productive cough may be contagious and needs to be evaluated for quarters. Viral symptoms that are improving and then get worse or onset of severe pain over the cheekbones/back upper teeth (sinuses) can be a sign of a sinus problem requiring prescription medications.

DP2. Purulent material is thick, yellow/greenish, foul smelling nasal discharge. Purulent discharge can be a sign of an infection or a retained foreign body in the nose. If symptoms have been going on for over seven days, evaluate for a bacterial infection.

TREATMENT PROTOCOL, A-3

Most upper respiratory tract infection symptoms which include sore throat and ear pain are caused by a virus or allergies and do not require antibiotics. Minor-care is focused on improving the symptoms that the Soldier is having while the issue resolves on its own.

MCP Cold: Counsel the Soldier to drink plenty of fluids and rest, cover their mouth when they cough and wash hands to prevent spread. Ibuprofen for pain, acetaminophen for elevated temperature, decongestant for nasal congestion, guaifenesin for mucous, or antihistamine for allergies. Return to clinic if not improving within 1 week, worsening symptoms, **fever, new sinus pain, lightheadedness, or pain in the neck.**

A-3: In accordance with MEDCOM Regulation 40-50		
Administer Antihistamines	pg.67	(3)(j)
Administer Allergy Shots/Skin Testing	pg.67	(2)
Provide Oxygen	pg.69	(2)(h)
A-3: In accordance with STP 8-68W13-SM-TG Task		
Subject Area 6: Primary Care	Perform a HEENT Exam	081-833-0254
Subject Area 6: Primary Care	Provide Treatment for Sinus Infections	081-833-0242
Subject Area 6: Primary Care	Provide Care for Common Throat Infections	081-833-0243
Subject Area 6: Primary Care	Provide Care for Common Respiratory Disorders	081-833-0245

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Partial Differential Diagnosis Allergic or seasonal rhinitis Bacterial pharyngitis or tonsillitis Acute bacterial rhinosinusitis Influenza Pertussis	RED FLAGS - Abnormal Vital Signs - Shortness of Breath - Stiff Neck - Altered Mental Status - Coughing up blood clots or frank blood	Activity Modification: -Consider quarters/contagious precautions while febrile
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