

Kent County EMS, Inc.
Community Paramedicine Protocol
Upper Respiratory Infection Symptoms

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Section 11-10

Upper Respiratory Infection Symptoms

This protocol provides guidance for the Community Paramedic/Mobile Integrated Health Paramedic (CP/MIHP) for evaluation and treatment of a patient presenting with upper respiratory infection (URI) symptoms.

Purpose: Evaluation and treatment of patient with URI complaints.

Procedure:

1. Follow *General Treatment Protocol 11-2*.
2. For participants exhibiting at least two of the qualifying symptoms below, the CP/MIHP may perform the following:
 - a. If assessment reveals adventitious lung sounds that are different from the patient's baseline, the CP/MIHP may arrange for a two-view mobile chest x-ray to be performed in the participant's home setting to occur as soon as possible utilizing a mobile imaging service. Results will be sent to the patient's PCP or other specialty physician.
 - b. A flu swab may be obtained and brought to a local hospital or outpatient laboratory that is affiliated with the patient's PCP or other specialty physician in accordance with the *Specimen Collection Protocol 11.12*.

Qualifying Symptoms Include:

- Productive Cough
- Congestion
- Fever above 38°C (100.8°F)
- Increase in shortness of breath
- Adventitious lung sounds that differ from baseline
- SPO2 Saturation <94% OR a change of >3% of baseline.

If two or more of the following symptoms are present, strongly consider transport to an emergency department as the patient is at a high risk of sepsis:

- Hyperthermia temp >38°C (100.8°F)
- Hypothermia temp <36°C (96.8°F)
- Heart rate >90bpm
- Respiratory rate <10 or >20 per minute
- Systolic blood pressure <90mmHg or evidence of hypoperfusion

3. When less than two of the qualifying symptoms are present, the CP/MIH may recommend the following:
 - a. The patient obtain and take guaifenesin and/or dextromethorphan– Instructions will be provided to follow dosing as advised on the medication label.
4. The CP/MIHP will communicate with the patient's care team as outlined in the *General Treatment Protocol 11-2* to develop a continuity plan.