

C. B. 19-year-old transgender female presented to clinic with a productive cough with green mucous, fever, chills, loss of appetite, and fatigue for the past two days. Upon physical assessment, crackles in the left lower lobe were heard along with diminished breath sounds on the right. There was no shortness of breath or retractions reported. A rapid test was collected. C.B. was negative for influenza, RSV, Covid-19, and an Xray was completed. Xray showed consolidation in the left lower lobe consistent with the crackles heard and the patient was diagnosed with bacterial pneumonia. The patient currently takes a daily multivitamin and has a fever of 101.5 F orally. It is noted that the patient does have an allergy to Amoxicillin.

According to the CPG the treatment recommended for bacterial pneumonia is Amoxicillin 1 gram 3 times daily (Metlay et al., 2019). However, the patient with an allergy to Amoxicillin so the next recommendation that should be followed is doxycycline (Vibramycin) 100mg to be taken 2 times daily for 5-7 days. In this case I chose to use the 5 day dose and follow-up.

My personal professional assessment of the client's situation is that the treatment plan is appropriate for her symptoms and health to improve. I feel that due to her allergy to Amoxicillin that doxycycline is the proper direction to take. A decision of whether the patient needs to have more than 5 days of this medication can be made by follow-up calling to see if she has improved or having her come back into the office for re-examination after the regimen is completed. I would also recommend acetaminophen for fever reduction and body aches that can occur from coughing. For some homeopathic treatment I would recommend some vitamin c as an immunity booster, hot tea with honey for thinning of mucous, and chicken noodle soup for electrolyte boosting and protein.

Some additional questions I have for this patient are:

Have you had the pneumonia vaccine? What is your allergic response to Amoxicillin? How long ago was that reaction? Have you ever taken doxycycline before as a treatment? I would then recommend drinking plenty of fluids and getting a lot of rest. I would also like to suggest eating a high protein diet to help with healing her bodies' immune system. I would educate her on completing the antibiotic. I would like to see her back in the office in 2 weeks with a follow-up call from the office after the 5 days of medication are completed. When she returns to the office, I would reassess her lungs and see how she is feeling. If she still has crackles in her lungs order another x-ray and possibly a CT if she does not get any better. I would also remind her that it can take a couple of weeks for the body to completely recover from this illness so do not overdo things. Be sure to cover your cough, wash your hands frequently, and be sure to limit contact with family and