

Case Study: DOE

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Clinical Dashboard - Pertinent History and Physical

Paragraph Summary of Case:

- Paragraph Summary: 56 F patient presents with 3 days of shortness of breath. Patient has a history of recent bird exposure and is now developing respiratory symptoms.

Patient Approach:

- Education Level: College graduate
- Emotional Response: Anxious, concerned about underlying cause
- Communication Style: Cooperative, provides details when asked

History of Present Illness (HPI):

- Onset: 3 days ago
- Location: Shortness of breath
- Duration: 3 days
- Character: Worsening shortness of breath with exertion
- Aggravating/Alleviating Factors: Worse with activity, no alleviating factors
- Radiation: No
- Timing: Constant
- Severity: Moderate, interfering with daily activities

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- Additional Details: Patient reports recent exposure to pet birds at home

Past Medical History (PMHx):

- Active Problems: None
- Inactive Problems: None
- Hospitalizations: None
- Surgical History: Appendectomy 10 years ago
- Immunizations: Up to date

Social History (SHx):

- Tobacco: Never smoked
- Alcohol: Drinks socially, <1 drink per week
- Substances: Denies
- Diet: Healthy, balanced diet
- Exercise: Walks regularly, 30 minutes per day
- Sexual Activity: Denies any concerns
- Home Life/Safety: Lives with spouse, home is safe
- Mood: Anxious about current symptoms
- Contextual Details: Recently acquired pet birds at home

Family History (FHx):

- Parents: Mother alive and well, father died of myocardial infarction at age 72

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- Siblings: One sister, healthy

Medications and Allergies:

- Medications: None
- Allergies: NKDA

Review of Systems (ROS):

- Pertinent Findings: Denies fever, chills, cough, sputum production. No chest pain, palpitations, dizziness or syncope. No nausea, vomiting or diarrhea.

Physical Examination:

- Findings: Vital signs: BP 130/80, HR 92, RR 22, Temp 38.1°C, SpO2 92% on room air. General appearance: Mildly ill-appearing, respiratory distress with moderate work of breathing. Lung exam: Decreased breath sounds bilaterally, with fine crackles heard. No wheezing. Cardiovascular exam: Regular rate and rhythm, no murmurs or gallops. Skin: No rashes.

Diagnostic Reasoning:

- Essential HPI Details User Should Elicit: Recent bird exposure, progression of shortness of breath over 3 days
- Differential Diagnoses: 1) Psittacosis (ornithosis) 2) Pneumonia 3) Asthma exacerbation
- Rationale: The patient's history of recent bird exposure and development of respiratory symptoms

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is highly suggestive of psittacosis (ornithosis), a zoonotic disease caused by the intracellular bacterium *Chlamydia psittaci*. Pneumonia and asthma exacerbation are also in the differential, but the bird exposure history points more towards psittacosis.

Teaching Points:

- Key Learning Objectives:

Elicit a thorough history, focusing on recent exposures and progression of symptoms.

Recognize the clinical presentation of psittacosis, including respiratory symptoms and fever following bird exposure.

Understand the importance of obtaining a detailed social and exposure history in the workup of respiratory complaints.

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- Educational Content:

Psittacosis is a rare zoonotic disease caused by *Chlamydia psittaci*, a gram-negative intracellular bacterium. Transmission typically occurs through inhalation of aerosolized bird secretions or droppings.

Common symptoms include fever, chills, headache, myalgia, and respiratory symptoms (cough,

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dyspnea, chest pain). Pneumonia is a common complication.

Diagnosis is made through serologic testing or direct detection of the organism. Treatment involves appropriate antibiotic therapy, usually with a tetracycline or macrolide antibiotic.

Prevention focuses on avoiding exposure to infected birds and using appropriate personal protective equipment when handling birds.

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PATIENT DOOR CHART and Learner Instructions

- Patient Name: Jane Doe
- Age: 56
- Legal Sex: Female
- Chief Complaint: Shortness of breath
- Clinical Setting: Outpatient clinic

Vital Signs:

- Blood Pressure Reading: 130/80 mmHg
- Pulse Rate: 92 bpm
- Respiratory Rate: 22 breaths/min
- Temperature(Celsius): 38.1°C
- SpO2: 92% on room air