

Paragraphs of History

Patient profile

- Name:
- Age/DOB:
- Gender:
- Marital status:
- Occupation:
- Residence:
- Blood group:

Chief complaint

Its duration

History of present illness (→)

Associated symptoms (system involved)
(in next page)

Sequence of symptoms

Risk factors

SYSTEMIC REVIEW (ordered by relevance)

1. GIT
2. CVS
3. Respiratory
4. Urogenital
5. Neurological
6. Musculoskeletal

(in next page)

PASTMEDICAL Hx

- Hospitalization
- IHD
- CVA
- DM
- HT
- Celiac dis.
- Other diseases

PAST-SURGICAL Hx

- Any Hx of trauma
- Surgical procedures
 - Date
 - Type of surgery
 - Indication
 - Type of anesthesia
 - Complications
 - Blood transfusion

FAMILY Hx

- Similar case in the family
- No of children
- Father and mother
- Any family disease
- Any sudden death in first and second-degree relatives
- Any cancer in the family

SOCIAL Hx

- Smoking / Alcoholism
- Job properties
- Financial issues
- Home conditioning

DRUG Hx

- Drug allergies (ex: penicillin)
- NSAIDs
- Steroids
- Antiplatelets (Aspirin)
- Anticoagulants (heparin and warfarin)
- Oral hypoglycemic drugs (OHD)
- Oral contraceptive drugs (OCP)

History of present illness

Pain

- Site
- Character
- Severity
- Timing
 - Onset (sudden, gradual)
 - Duration
 - Course (worsening, improving ...)
 - Intermittent or continuous
- Aggravating factors
- Relieving factors
- Referral, radiation, and migration
- Associated symptoms

COUGH

- **Frequency**
- Change of **posture** aggravates or relieve it
- **Productive or dry**
- **Sputum color** (clear, white, or yellowish-green)
- **Amount** (teaspoon,...etc)
- **Blood** (hemoptysis)

DYSPNOEA

Classification

1. **Orthopnoea** (when lying flat)
2. **Exertional Dysp.** (during exertion or exercise)
3. **Paroxysmal nocturnal Dysp.** (at night)

DYSPHAGIA (Difficulty in swallowing)

- **Intermittent or progressive**
- **Painful** (odynophagia) or **painless**
- To **solid** food, to **fluids**, or even to **saliva**

VOMITING

- **Quantity** or volume (small, moderate, large)
- **Frequency** (No.)
- **Quality** [contains previous meal, undigested recognizable food (gastric outlet obstruction), clear acidic fluid (reflux disease).. etc.]
- **Associated blood:**
 - Fresh (hematemesis)
 - Changed (coffee-ground by action of acid and pepsin)
- **Color and taste**
 - **Color of previous meals** → IO proximal to second part of duodenum

- **Bile-stained** → distal to second part of duodenum
- **Feculent** → distal ileum
- **Fecal** → colon
- **Character** (Projectile, Self-induced, Effortless)
- **Relieve pain** or not
- **Smell** (odorless, offensive smell)
- **Timing:** early morning (pregnancy, brain tumors)
- **Preceding symptom or factor** (e.g. drug, alcohol, surgical procedure or trauma)
- **Associated symptoms** (nausea, anorexia, wt loss, dyspepsia...etc)

Jaundice

- **Light yellow** (nonobstructive) or **deep orange color** (obstructive)
- **Progressive or intermittent**
- **Painless or painful** (in stones or infection)
- **Itching, dark-colored urine and pale stools** in obstructive type
- **Associated symptoms** (loss of appetite, weight loss, dyspepsia in malignancy,...)

BOWEL HABITS

- **Frequency** (normally 3 times/day to once in 3 days)
- **Color** (brown, pale, or black tarry: serious called melaena)
- **Consistency** (watery, soft, or solid)
- **Amount**
- **Smell** (foully or offensive smell in malabsorption)
- **Specific gravity** (floating stool or unflushable stool suggest fat malabsorption)
- **Mucus**
- **Blood** (↓ bleeding per rectum)

Bleeding per rectum

- **Types**
 - Tarry stool (melaena)
 - Fresh bleeding (hematochezia)
- **Amount**
- **Frequency**
- **Timing and relation with defecation**
 - Mixed with stool (higher causes)
 - Covering stool (anal and rectal causes)
 - With defecation or after it

Fever

- **Subjective or Objective**
- **Duration**
- **Onset** (sudden or gradual)
- **Course** (worsening, improving)
- **Character** (continuous, intermittent, or remittent)
- **Relieving factors** (e.g. cool sponging or medications)
- **Associated factors** (sweating, chills, rigor)
 - Sweating at **Day** or **Night** time
- **Severity**

Systems questions

(a) GIT and abdomen

1. Nausea.
2. Vomiting.
3. Hematemesis.
4. Anorexia.
 - Fear from food
 - No desire to food
5. Bowel habit.
6. Regurgitation.
7. Diet. (fibers/fat)
8. Weight (loss / gain)
9. Dysphagia.
10. Flatulence.
11. Abdominal pain.
12. Jaundice.
13. Abdominal distension.
14. Nature of stool.
15. Rectal bleeding.
16. Stool mucus.
17. Prolapse.
18. Incontinence.
19. Tenesmus

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(b) Respiratory system

1. Chest pain.
2. Cough.
3. Sputum.
4. Hemoptysis.
5. Dyspnea.
6. Hoarseness.
7. Wheezing.
8. Exercise tolerance

(c) Cardiovascular system

1. Chest pain.
2. Dyspnea.
3. Paroxysmal nocturnal dyspnea.
4. Orthopnea.
5. Palpitations.
6. Ankle swelling.
7. Dizziness.
8. Limb pain.
9. Walking distance.
10. Color changes in hands and feet

(d) Urogenital system

1. Dysuria.
2. Polyuria.
3. Hematuria.
4. Loin pain.
5. Frequency of micturition.
6. Poor stream.
7. Dribbling.
8. Hesitancy.
9. Urgency.
10. Precipitancy.
11. Thirst.

12. Incontinence

13. In males:

- Problems with sexual intercourse and impotence
- Urethral discharge
- Scrotal swelling

14. In females:

- Date of menarche or menopause.
- Frequency.
- Quantity and duration of menstruation.
- Vaginal discharge.
- Dysmenorrhoea.
- Dyspareunia.
- Previous pregnancies and their complications.
- Prolapse.
- Urinary incontinence.
- Breast pain.
- Nipple discharge.
- Lumps.
- Skin changes

(e) Nervous system

1. Current mood
2. Changes of behavior or psyche.
3. Tremor.
4. Muscle weakness.
5. Dizziness.
6. Depression.
7. Memory loss.
8. Delusions.
9. Anxiety.
10. Syncopal attacks.
11. Loss of consciousness.
12. Fits.
13. Paralysis.
14. Sensory disturbances.
15. Paraesthesias.
16. Changes of smell, vision or hearing.
17. Tinnitus.
18. Headaches

(f) Musculoskeletal system

1. Aches or pains in muscles, or joints.
2. Skin changes or pigmentation.
3. Swelling joints.
4. Limitation of joint movements.
5. Weakness.
6. Disturbances of gait

special maneuvers

- Gallbladder (*acute cholecystitis*):
 - **Murphy's sign** – arrest of inspiration when palpating in RUQ
- *Appendicitis* or *peritonitis*:
 - **Psoas sign** – pain when raising right leg against resistance
 - **Obturator sign** – pain when flexed right thigh with lateral rotation
 - **Rovsing's sign** – pain in RIF on palpation of the LLQ
 - **Cough test** – pain when cough
 - **Carnett's sign** – pain not relieved when raising both legs while palpating the tender area (pain source is abd. wall, not intra-abdominal organ)
- *Ascites*: **Shifting dullness**, **Transmitted thrill**

Abdominal Exam.

Vitals

- PR
- Temp.
- BP
- RR
- PO2

General Examination

- Jaundice
- Pallor
- Cyanosis
- Lymph nodes (Cervical & Virchow)
- JVP raised ?
- Clubbing
- Edema
- Dehydration

Inspection of abdomen

- Abdominal distention
- Scars & Stomas
- Masses
- Visible veins
- Symmetry
- Visible peristalsis
- Umbilicus location & shape
- Limitation of resp. movements ?

Palpation & Percussion

- Tenderness
- Rebound tenderness
- Soft / Guarding (local or generalized)
- Masses
- Liver enlarged?
- Gallbladder palpable ? (enlarged)
- Spleen enlarged?
- Kidneys enlarged?
- Bladder palpable ? (full bladder)
- Percussion
 - Tympanic (normal)
 - Hyper resonant
 - Resonant
 - Relatively dull
 - Dull

Auscultation

- **Bowel sounds** (At Mc Burney's point)
 - Hyperactive
 - Normal (every 5 – 15 seconds)
 - Hypoactive
 - Absent (no sound for 2 min.)
- **Aortic bruits** (above umbilicus)
- **Renal bruits** (above umbilicus laterally)