



# COMLEX Level 2 PE Exam

A 32 years old lady came to clinic because she doesn't "quite feel herself

# Patient Data Sheet

- **Patient Name** : Ms. Brown
- **Clinical Settings** : Medicine Office
- **CC** : A 32 years old female presents with not feeling to do her job .

## **Vital Signs :**

- **Blood Pressure** : 128/84 mm Hg
- **Respirations** : 14 per minute
- **Temperature** : 98.4 °F
- **Pulse** : 68 bpm.
- **Height** : 67 inches
- **Weight** : 156 lbs.
- **BMI** : 24.4 kg/m<sup>2</sup>

# DD : With this Information, what's going on in your mind as you enter the room to see your patient ?

1. Depression
2. Bipolar disorder
3. Hypothyroidism
4. Anemia
5. PTSD

# Key points to remember before entering the room

- Patient's name.
- Chief complaint.
- DD and Mnemonics (SIGE CAPS for depression in this case).
- Patient may not give accurate history or may give very little history. May be sensitive, especially about personal life and related history.
- Ask open ended questions. Do not be judgmental.
- Do not underestimate their problems.
- Reassure. Offer support and understanding.

# Opening Scenario

- A young female, sitting up in the examination room. Looks listless, apathetic and uninterested.
- Avoids eye contact.
- Looks fatigued.
- Slow or sluggish responses.
- Drooping shoulders.
- Unkempt hair, poor dressing.

# Subjective

- Make good eye contact. Introduce yourself. Shake hands.
- **Hello there Ms. Brown, My name is Dr. Berger. How are you?**
- Not good Dr. (notice the minimal eye contact, minimal answer and disinterest during conversation ).
- **What brings you here today ?**
- I don't feel quite myself, doc.
- **I see. Please tell me more so I can help you. How long have you been feeling this way ?**
- About a month, doc.

Contd...

## Subjective (Contd...)

- **I see. Do you relate this to any particular event ?**
- Not really doc.
- **Ok. I read in the basic information that you don't feel interested in your work these days. You feel very tired. How long has that been going on ?**
- About a month.
- **I understand, Ms. Brown that you don't feel good about this and so you are here to see me.**
- Yes Doc.

## Subjective (Contd...)

- **Alright, Ms. Brown. Let us talk a little bit, I will ask you questions related to how you feel, about your personal life, about work and about your habits. Please be assured all your information is confidential and I will use it only for your treatment. At any point, if you feel uncomfortable telling me something, please let me know.**
- **Ok doc.**
- **Thanks. So Ms. Brown, you think you're getting tired easily these days?**
- **Yes doc, I was able to do a lot of work at home and at my office. But now I just don't have the energy.**
- **Do you take the same kind of interest in your life that you normally did in the past ?**
- **Not really doc. I used to go out with my friends and my husband, now I just don't feel good.**



## Subjective (Contd...)

- **I see. Did anything major happen recently ? At work or at home ?**
- Well I gave birth to my baby boy 5 wks ago and after that I just feel I am a different person.  
(Pt. starts crying at this point- offer support, gently touch on their shoulder or hold their hand and offer a tissue and be quiet for some time, let them cry. When they are more relaxed continue the history).
- Sorry doc. I sometimes feel I will make a bad mom.
- **It's ok Ms. Brown. I understand. I can appreciate your concerns. You did a good thing by coming in. Lets try to find out what's the problem and treat that.**
- **Does that sound ok ?**
- Yes doc.

## Subjective (Contd...)

- **Are you able to care for yourself and your family the way you did in the past ?**
- Yes doc, pretty much. But I feel tired and uninterested these days. Like I don't enjoy it that much.
- **Has this been getting progressively worse Ms. Brown ?**
- No doc.
- **Do you have times when you feel extremely good and energetic ? Like everything is great ?**
- No doc I feel low almost all the time.
- **How about your sleep ? Have you been sleeping ok ?**
- Not really doc. I sleep less, I have a hard time trying to fall asleep.

## Subjective (Contd...)

- **Have you taken any medication to help you sleep ?**
- No.
- **How about your appetite? Are you eating like you used to ?**
- Its about the same, doc.
- **Have you lost weight recently ?**
- I don't think so doc.(She may be inaccurate, you may ask for previous wt and compare with the one on this visit).
- **Is there anything bothering you?**
- Well doc, my boss is not very happy with me. And I feel I might be the next one fired and I don't know how to find another job.
- **I am sorry to hear that Ms. Brown. I feel for you. Any problems at home ?**
- No doc.

## Subjective (Contd...)

- **Good. Are they supportive?**
- Yes doc, my husband is supportive
- **How are your relations with your colleagues ?**
- Pretty ok, doc. I have been a good employee. I think the company is having cuts and I fear losing my long standing job.
- **Do you have friends outside of work ?**
- Yes doc.
- **Do you go out with them ?**
- I used to but I don't feel like now.
- **Do you have any hobbies or activities outside work?**
- I used to play tennis, but now I don't..

## Subjective (Contd...)

- **Have you ever felt like you wanted to finish everything off ?**
- No doc.
- **May I ask you questions about your personal life now ?**
- Yes doc.
- **Thank you. I assure you this information will remain between you and me only.**
- **How would you say is your sex life these days ?**
- Not too great , doc. I just don't feel up to it.

# Questions for differential diagnosis

- **Do you feel cold when others don't ?**
- No doc.
- **Have you gained any weight ? Do your clothes fit you ?**
- I don't think I have gained weight doc.
- **How abt your bowels Ms Brown. How often do you move them ?**
- About once in every 2 or 3 days doc.
- **Do you feel constipated ?**
- No doc.

Contd...

## DD (Contd...)

- **Have you felt short of breath when you work ?**
- No doc.
- **Did you lose a lot of blood during your delivery or soon after?**
- No.
- **Have you noticed any blood in your stools or on the toilet paper?**
- No.
- **What color are your stools ?**
- They look brownish.

# Pam Hugs Foss

- **Ok Ms. Brown, I would now like to ask you some questions about your medical history, your family's health and your habits. Is that ok ?**
- Yes doc.
- **Have you ever felt this way in the past ?**
- No doc.
- **Do you have any medical problems ?**
- Not that I know of , doc.
- **Are you taking any medications ? Prescribed or otherwise?**
- No.
- **Any herbal meds?**
- No.



## Pam Hugs Foss (Contd...)

- **Are you allergic to any medication or substance ?**
- No.
- **Does anyone in your family have any medical problems?**
- My mom has blood pressure. Other than that I don't know of any problems.
- **Does anyone in your family have thyroid problems?**
- I think my sister did. I am not sure what it was though doc.
- **Did anyone in your family suffer from depression ?**
- Not that I know of doc.
- **Does anyone in your family have any other psychiatric issues ?**
- No.

## Pam Hugs Foss (Contd...)

- **I see. Is this your first baby, Ms. Brown ?**
- Yes doc.
- **Have you been pregnant before this ?**
- No doc
- **How have your periods been before ?**
- Well I have been regular as clockwork, they last 4-5 days and I never had problems.
- **That's good to know. Have you started menstruating again now ?**
- No doc, I am still feeding my baby.
- **Okay now I would like to ask you about your social habits, Ms. Brown.**
- Sure doc.

## Pam Hugs Foss (Contd...)

- **Ok. Do you smoke Ms. Brown ?**
- **No.**
- **Do you drink alcohol ?**
- **Only socially.**
- **Do you use any recreational drugs ?**
- **None doc.**
- **Great. Thank you for all the information Ms. Brown. Please allow me to wash my hands and then I will examine you briefly.**

# Physical Examination

- **Ok Ms. Brown, thank you for all that information. I will now examine you and then we will go over what I think and what would be the further plan.**
- Ok doc.
- Wash your hands.
- Do a complete examination with special focus on thyroid , neck, skin, hair and nails.

Contd...

## Objective (Contd...)

- Look for myxedema / non pitting edema of shin, dry coarse skin, brittle hair and nails, missing outer third of eyebrows.
- Check DTR especially ankle reflex, look for sluggishness and delayed relaxation phase.
- Look for pallor of skin or mucus membranes.
- Explains, offers and performs OMM if indicated.

# Closure: Assessment and Plan discussion

- Thanks for co-operation Ms. Brown. Let me go over what I think.
- Based on what you told me and what I saw while examining you, I have some possibilities in mind.
- First possibility is you may be depressed. You just had a baby and its common to have mood changes soon after delivery. You also told me you have concerns at work. So you might be suffering from acute depression.
- Another possibility which I want to rule out is thyroid disease, which can present in a very similar way.

Contd...

## Closure: Assessment and Plan discussion (Contd...)

- (Pt. starts weeping again. Reassure them and offer support).
- **Its ok Ms. Brown. You did the right thing by coming in. Please be assured that there is treatment for these conditions and we can help you.**
- **I would like to run a few blood tests to confirm the diagnosis. I also want to be sure we are not missing any medical problems. Does that sound right ?**
- (Pt. nods her head) Ok doc. When do I know ?

## Closure: Assessment and Plan discussion (Contd...)

- **We can get the blood drawn today. I will call you with the results. I will start medication for depression. I would advise you to see psychiatrist as well and also we have support groups and counselor that would be happy to help you. I will see you in two weeks to see how you are doing.**
- **Ok doc**
- **I also advise you to seek medical attention immediately by calling 911 if you have any thoughts of hurting yourself.**
- **I will doc.**
- **Do you have any other questions or concerns at this point, Ms. Brown ?**



## Closure: Assessment and Plan discussion (Contd...)

- No doc.
- **Ok then Ms. Brown, take care. We will meet again. Bye now.**
- **Shake hands and leave.**

# SOAP Note:

- A G1P1A0L1 32 yrs old. white female presents with sad mood, low energy and loss of interest in work and personal life for the past month. She was in her usual state of health prior to the onset of these symptoms. She correlates these with the delivery of her first child 5 wks ago.
- Pt reports sleeping poorly and getting fatigued easily. She has guilty that she may not be a good mother. She also reports deteriorating sex life. She works as a secretary and fears being fired from work as there are company cuts.
- She does not feel extremely good at times or have mood swings. She denies suicidal thoughts or ideation. She has a good social support system at home and at work.

Contd...

## SOAP Note: (Contd...)

- She denies cold intolerance, appetite changes, recent wt changes and constipation. Also denies shortness of breath on exertion.
- Pt does not report any medical problems. She is not on any medications. She is not allergic to anything. Family history +ve for HTN in mother and thyroid disease in sister. No FH of depression or psychiatric illness.
- Exam :
- Sad looking pt. Shoulders drooping. Minimal eye contact. Does not initiate conversation or volunteer information unless asked. Has crying spells during interview.

## SOAP Note: (Contd...)

- **HEENT** : unremarkable. Skin smooth.
- **CVS**: S1, S2, regular, no murmurs, rubs or gallops.
- **RS** : CTAB
- **Abdomen** : soft, non tender, non distended.
- **CNS** : Alert, oriented x3, CN II-XII grossly intact bilaterally.
- Sensory, motor intact bilaterally.DTR preserved.
- **Extremities** : no evidence of edema.

# Assessment and Plan

## ➤ **Assessment :**

1. Depression
2. Post-Partum Depression (Baby blues)
3. Anemia
4. Hypothyroidism
5. Schizoaffective Disorder

## ➤ **Plan:**

1. Sertraline 25 mg PO daily use with caution in nursing woman
2. CBC with differential, CMP, TSH, Iron panel, Serum Iron level
3. Refer to Psychiatry, support groups and counselor
4. Psychosocial therapy- Interpersonal, Cognitive Behavior therapy (CBT) and Group therapy
5. Follow up in 2 weeks
6. Patient education and counseling

**Happy Reading**