

COMLEX Level 2 PE Exam

A 24 years old girl came to clinic, as she has a “sensitive medical issue” bothering her.

Patient Data Sheet

- **Patient Name** : Ms. Kathy Daetwyler
- **Clinical Settings** : Medicine Office
- **CC** : A 24 years old female presents with “sensitive medical issue”.

Vital Signs:

- **Blood Pressure** : 117/68 mm Hg
- **Respirations** : 12 per minute
- **Temperature** : 98.2 °F
- **Pulse** : 60 bpm, regular
- **Height** : 66 inches
- **Weight** : 139.4 lbs.
- **BMI** : 22.5 kg/m²

Differential Diagnosis

- Endometriosis.
- Herpes, genital sores, warts or other STD's.
- Vaginal infection or dryness.
- Vaginismus.
- Reaction to the latex of a diaphragm or condom.

Opening Scenario

- A young woman sitting up, looking very anxious.
- Patient looks very self conscious and avoids talking much during the whole interview.

Subjective

- **Good afternoon, Ms. Daetwyler. My name is Dr. Ostrem. I am a physician here in this hospital, I will take care of you today. What brings you to the office ?**
- *Doctor, its this very strange problem. Its kinda sensitive, I cant tell anyone about it.*
- **Reassure her and be very professional and non-judgmental in your conversation.**

Contd...

Subjective (Contd...)

- **I see. Well, you can tell me about it. All the information will be confidential. I assure you I will do my best to help you. But unless you tell me what your problems are, it would be difficult to help you.**
- *Okay doctor, I will do my best.*
- **Thank you. I might ask you some sensitive information, but that will all be used for medical purposes and it will remain between us.**
- *Thank you doc.*

Subjective (Contd...)

- **So what is bothering you, Ms. Daetwyler ?**
- *Doc, my husband and I quarrel over our personal things.*
- **I see. Like what, could you tell me more please ?**
- *I have pain during our intercourse. I feel so embarrassed, he finally asked me to see a doctor about it.*

Subjective (Contd...)

- **I am sorry to hear that. How long has this been going on ?**
- *About 6 months now doctor.*
- **I see. Have you had such problems in the past ?**
- *No doc.*
- **Did you have any trauma in the area recently ?**
- *No doc.*

Subjective (Contd...)

- **I see. So do you have pain every time you both have intercourse, or is it just some of the times ?**
- *Its every single time doctor. We are feeling frustrated now.*
- **Is the pain just in the beginning or throughout the act?**
- *Its mostly in the beginning, most of the times we don't even go ahead.*
- **I see. Have you noticed any abnormal whitish discharge that smells ?**
- *No doc.*

Subjective (Contd...)

- **Do you have a fever ?**
- *No doc.*
- **Does your belly hurt ?**
- *No doc.*
- **Does it hurt in the area when you are doing your routine work ?**
- *No.*

Subjective (Contd...)

- **Do you have any kinds of fears or concerns about intercourse ?**
- *Not really.*
- **How long have you been with your current partner ?**
- *We just started dating a year ago, but it was long distance. He lived in California and I was in Texas. We got married recently and he moved in with me.*

Subjective (Contd...)

- **I see. How are you both doing in terms of the emotional relationship ?**
- *We get along fine. We are the best of friends. There are no issues between us.*
- **That is good to know. Do you possibly have any other stress in your life or at work at this time ?**
- *Not really doc. I love my job and I m doing just fine.*

Subjective (Contd...)

- **Okay good. Do you use protection ?**
- *Yes doctor.*
- **Do you have any allergy or dislike for condoms ?**
- *No doctor. Not really.*
- **Have you been active with other partners in the past ?**
- *Yes doctor.*
- **Did you have such problems with anyone else ?**
- *None that I can recall.*

Subjective (Contd...)

- **Okay. How are your periods ?**
- *They are regular, I get them every month.*
- **How long do they last ?**
- *About 4 days.*
- **Do you have any pain or discomfort during the period ?**
- *No doctor.*

PAM HUGS FOSS

- **Okay. Thanks. Now let me ask you some questions about your health in general, medications you are on, your habits and your family's health.**
- *Sure doctor.*
- **Do you have any medical conditions ?**
- *No doc, I am perfectly fine.*

Contd...

PAM HUGS FOSS (Contd...)

- **Do you take any medications, including over the counter or herbal preparations ?**
- *I just take a vitamin pill. That's all. Other than that I don't even take a Tylenol unless I absolutely have to.*
- **I see. Are you allergic to any medication or substance ?**
- *None that I know of.*

PAM HUGS FOSS (Contd...)

- **Have you been hospitalized in the past ?**
- *No never.*
- **Have you had any surgeries in past ?**
- *No doc.*
- **How is your bladder and bowel control?**
- *I am normal doctor.*

PAM HUGS FOSS (Contd...)

- **Okay, now let me ask you about your habits.**
- **Do you smoke ?**
- *No I have never smoked.*
- **Do you drink alcohol ?**
- *Only socially, doc.*
- **Do you use any recreational drugs ?**
- *No.*

PAM HUGS FOSS (Contd...)

- **Okay great. What work do you do ?**
- *I work as a pre school teacher.*
- **Any stresses at home or work ? Any major events in the family recently that have bothered you?**
- *No doc, everything is just fine.*
- **Any history of medical problems in the family?**
- *I guess my mother has the blood pressure. Other than that everyone is fine.*

Objective

- **Okay Ms. Daetwyler, thank you for all that information. Now I will wash my hands and examine you. Then we will go over what the possibilities are.**
- *Sure doc.*
- Wash your hands.
- Drape the patient.
- Examine all systems.
- DONOT do a PV or Pelvic exam. However mention that she will need one by an OBGYN later.
- Explains, offers and performs OMM if indicated.

Closure: Assessment and Plan discussion

- **Thank you for your cooperation, Ms. Daetwyler.**
- **Let me tell you my impressions.**
- **From what you told me, you have pain during intercourse and this is something new. You just recently moved in with your husband who is your current partner. You haven't had such problems with other partners in the past.**

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

- That's right doctor.
- **I understand this can be a very distressing situation. There are a number of possibilities that can cause this.**
- **The top one is called Vaginismus, that is you fail to relax your pelvic muscles enough during intercourse, that makes it painful.**
- *I see doctor. Is that serious ?*

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

- **Well its serious only in terms that it affects your relationship and you have to seek professional help. But I assure you, there is treatment for it.**
- *I see. Is it something like Botox or some injections ?*
- **No not really. It is pelvic muscle exercises, which an ob-gyn can teach you. You can learn to relax and that should take care of the problem. You will learn gradually. Your partner also needs to be present for counseling.**

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

- *I see doctor. I think we both would like to seek help. We cant live with this situation anymore.*
- **Sure, I understand.**
- **But before we start treating you, I would like to make sure there is no other medical problem that could cause this.**
- *Like what doctor?*
- **Like an infection inside your vagina or cervix, which causes tissues to swell up and be painful.**

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

- **Or may be a sore in the area that you might not be able to see and has not healed and is bothering you.**
- *I see.*
- **For that I would like you to see an OBGYN. She would do a pelvic and vaginal exam. She would also send swabs from inside your vagina and cervix, to make sure there are no bugs or infection there.**

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

- *I see. Do I need to have anything else?*
- **Yes, a couple of blood tests.**
- **And also, by the way, when was your last PAP smear ?**
- *I don't remember doc.*
- **Okay, I would also advise you to have a pap smear, so we are sure we don't miss anything. The OBGYN will guide you about it.**

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

- *I see doctor. Do I also need to see a psychiatrist ?*
- **Well if you and your husband wish to. If you both feel there are other issues which you cant share with me, and would like to speak with a counselor in private, I can arrange for you to see one. It helps to get help in most cases. You can talk to your husband about it and if you both feel ready for it, you may let me know.**

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

- *Thank you doctor I will talk to him today.*
- **Sure. Is there any other question or concern that I can answer right now, Ms. Daetwyler ?**
- *No doc, I think I kinda know where we are at right now.*
- **Great. We will speak again when I get the results of the labs back. I would like to see you again in a week.**
- *Thanks doc.*
- **Say thanks, shake hands and leave.**

Assessment and Plan

➤ **Assessment:**

- 1.Vaginismus
- 2.Vaginal dryness
- 3.Genital sore or STD
- 4.Psychological or emotional problems

➤ **Plan:**

- 1.Pelvic/Vaginal Examination
- 2.Desensitization techniques- Kegel Exercise, Reverse Kegel and Dilator use
- 3.CBC with differential, CMP, Vaginal and cervical swabs for culture, PAP smear
- 4.Consult Ob-GYN
- 5.Patient education and counseling
- 6.Follow up in a week



Happy Reading