

COMPLEX LEVEL 2 PE EXAM

HIP PAIN

PATIENT DATA SHEET

- ⦿ **Patient Name** : Mrs. Gonzalez
- ⦿ **Clinical Settings** : Medicine Office
- ⦿ **CC** : A 76 years old female presents with pain in her right hip.

Vital Signs :

- ⦿ **Blood Pressure** : 130/80 mm Hg
- ⦿ **Respirations** : 14 per minute
- ⦿ **Temperature** : 98.0 °F
- ⦿ **Pulse** : 90 bpm, regular
- ⦿ **Height** : 65 inches
- ⦿ **Weight** : 188 lbs.
- ⦿ **BMI** : 31.3 kg/m²

DIFFERENTIAL DIAGNOSIS

Purely Orthopedic causes

- ◉ Hip fracture(s)
- ◉ Lumbar pain—referred to the hip
- ◉ Sciatic pain
- ◉ Spinal Stenosis
- ◉ Avascular necrosis of the hip

CONTD...

- ⦿ Trochanteric bursitis
- ⦿ Muscle strain
- ⦿ Ligament sprains (very rare)
- ⦿ Iliotibial tendonitis

CONTD...

Medical causes

- ◉ Seronegative arthritis associated with IBD.
- ◉ Lyme disease.
- ◉ Fibromyalgia.
- ◉ Referred pain from other sites and causes such as tumor, SOLs, hernia etc pressing on L1-L2.
- ◉ Ankylosing spondylitis (rare in elderly female).

CONTD...

- ⦿ Osteoarthritis (usually bilateral).
- ⦿ Rheumatoid arthritis (very rarely affects larger joints).

KEY POINTS TO REMEMBER

- ◉ Consider medical causes during differential diagnosis.
- ◉ Do a complete physical examination with specific focus on local examination .
- ◉ Compare range of motion with opposite hip.
- ◉ Examine other joints.

SUBJECTIVE

- ⦿ **Good morning Mrs. Gonzalez, my name is Dr. Pickering. I am a physician in this hospital, I will be taking care of you today. What brings you to my office this morning ?**
- ⦿ **Hi doctor. My right hip is killing me.**
- ⦿ **I see. When did that start ?**
- ⦿ **This morning, soon after I woke up.**

SUBJECTIVE

- ⦿ I see. Do you also have pain in left hip ?
- ⦿ No doc.
- ⦿ Can you describe the pain ?
- ⦿ Its hard to describe doc, its just too bad and its killing me .
- ⦿ How bad is the pain, on a scale of 1 to 10 with 10 being the worst?
- ⦿ I would say 8 or 9.

SUBJECTIVE

- ◉ **What makes your pain worse ?**
- ◉ Any kind of movement I would say.
- ◉ **Is there anything that makes it better ?**
- ◉ No doc I don't think so.
- ◉ **Thank you Mrs. Gonzalez. Now let's go over your medical history**
- ◉ Sure doctor.

PAM HUGS FOSS

- ⦿ **Do you suffer from any medical conditions ?**
- ⦿ I am a diabetic. I have high blood pressure and my heart beat is irregular.
- ⦿ **I see. How is your diabetic control ?**
- ⦿ Fairly good, doctor. I visit my primary doc every 2 months. My husband was a paramedic, he takes care of all my medications.

PAM HUGS FOSS

- ◉ Do you remember how your sugars run and what was your last HgbA1c?
- ◉ Doc I don't remember the numbers but my husband has a record.
- ◉ That's great. Are you on medications ?
- ◉ Yes I take two pills for diabetes. I take a pill for the blood pressure and one for my heart beat. I also take blood thinner.

PAM HUGS FOSS

- ⦿ I get the number checked whenever they call me. That is also fine.
- ⦿ **That's wonderful. You are a very good patient I must say. You take great care of yourself and do all the things you are expected to do.**
- ⦿ Thank you doctor.

PAM HUGS FOSS

- ⦿ **How have your bowel habits been ?**
- ⦿ I have had loose stools lately doc. Very watery ones.
- ⦿ **I see. How long have you had that problem?**
- ⦿ 3-4 weeks now. But I didn't tell my doc about it as I thought it must be my diet or may be I am just getting old so my intestines don't work too well.

PAM HUGS FOSS

- ⦿ **I see. Is there any blood in the stools ?**
- ⦿ **No doc.**
- ⦿ **Do you sometimes have constipation alternating with loose stools ?**
- ⦿ **No doc.**
- ⦿ **Do you have fever?**
- ⦿ **No.**

PAM HUGS FOSS

- ◉ **Have you lost weight?**
- ◉ I don't think so.
- ◉ **Do any other joints hurt ?**
- ◉ None doc.
- ◉ **Great. How has your bladder been ?**
- ◉ Its fine doc, no problems with it.

PAM HUGS FOSS

- ⦿ Thanks for all that information Mrs. Gonzalez. Now lets go over your family's health and your social habits.
- ⦿ Sure doc.
- ⦿ Do any of your family members have medical problems ?
- ⦿ My mom had diabetes my father died of a heart attack. Other than that I don't know.
- ⦿ Okay

PAM HUGS FOSS

- ⦿ Are you allergic to any medication or other substance ?
- ⦿ None doc.
- ⦿ Have you been hospitalized in the past ?
- ⦿ Once only doc, for a pneumonia. And before that many years ago when I had my children. Thankfully never for diabetes or my heart or other problems.
- ⦿ That's great.

PAM HUGS FOSS

- ⦿ **Do you smoke ?**
- ⦿ No doc, don't smoke, don't drink, never have. I am a vegetarian.
- ⦿ **I see. That's wonderful.**
- ⦿ **Do you work ?**
- ⦿ No doc, I have always been a home maker.
- ⦿ **Okay.**

PAM HUGS FOSS

- ◉ **When did you have your menopause ?**
- ◉ **I would say around the age of 45.**
- ◉ **Okay. Did you have trouble then?**
- ◉ **Well I had hot flashes for some time but the doc said its normal. After a while it stopped.**
- ◉ **Have you ever been on hormone replacement therapy during or after menopause?**
- ◉ **No doc.**

PAM HUGS FOSS

- ⦿ **Do you take calcium and vitamin D supplements?**
- ⦿ **No doc.**
- ⦿ **Alright. Thanks for all the information, Mrs. Gonzalez. I am done with asking you questions. Now let me wash my hands and examine you .**
- ⦿ **Sure doctor.**

PHYSICAL EXAMINATION

Examine the hip

- ◉ Obvious anatomical deformity.
- ◉ Tenderness, crepitus, hematoma, other signs of trauma.
- ◉ Range of motion.
- ◉ Compare with opposite hip.

General exam

- ◉ Any skin signs or other signs of IBD, systemic diseases like RA.

OSTEOPATHIC MUSCULOSKELETAL EXAMINATION

- **Inspection:** Any skin changes, swelling.
- **Range of Motions:** Active range of motions of bilateral involved joint and passive range of motions if limitation to active range of motion detected.
- **Palpation:**
 - i. Any tenderness, tissue texture changes.
 - ii. Chapman points, viscerosomatic reflexes.
 - iii. Somatic dysfunction.

CLOSURE : ASSESSMENT AND PLAN

DISCUSSION

- ⦿ Thanks for your co-operation, Mrs. Gonzalez. Now lets go over what my impressions are and what we can do to take care of this pain.
- ⦿ Sure doc.
- ⦿ Firstly I would like to rule out any fracture or displacement of your hip or thigh bone. For that we will get some X-rays of your hip area. I would also like to get an CAT-scan of your hip, which is a more specialized image.

CLOSURE : ASSESSMENT AND PLAN DISCUSSION

- ◎ The reason for CAT scan is that you fell a few days ago, and after that you started walking. Now, all of a sudden, you have this excruciating pain. I want to see if the head of your thigh bone which fits in a socket in the hip bone is fine or not. Sometimes, after trauma, it can slowly lose blood supply and that can cause such symptoms.
- ◎ Okay doc. That is scary. What is the solution?

CLOSURE : ASSESSMENT AND PLAN DISCUSSION

- ⦿ Depending on how bad it is, sometimes the surgeon will only take out part of it and repair the rest. Sometimes you need an artificial bone piece or prosthesis, as we call it. The results are great. But I would comment on it only after I have seen the X-ray and CAT scan.
- ⦿ Okay doc. Do we need any other tests?
- ⦿ Yes, I would like to run a few basic blood tests.

CLOSURE : ASSESSMENT AND PLAN DISCUSSION

- ⦿ So what else can it be doctor?
- ⦿ It can be a medical disease like Crohn's disease, which affects your intestines but can have effects on bones and joints too. Since you mentioned diarrhea, I would like to rule that out.
- ⦿ Okay. How soon will we have results back doc?
- ⦿ The blood tests will be back by within 1-2 hours.

CLOSURE : ASSESSMENT AND PLAN DISCUSSION

- ⦿ I will call you as soon as I have the results.
- ⦿ Thank you doctor.
- ⦿ You are welcome. The X-ray and CT will be read right away, I will call the radiologist and let him know. He will tell me results right away. If it is fracture, then I need to admit you.
- ⦿ That is fine doc.

CLOSURE : ASSESSMENT AND PLAN DISCUSSION

- ◉ You are welcome, Mrs. Gonzalez.
- ◉ Once we have all results, we will talk again and I will tell you what the diagnosis and the further plan is.
- ◉ Till then I will give you medications to take care of the pain. You take care. We will meet again tomorrow.
- ◉ Shake hands and leave the room.

ASSESSMENT AND PLAN

◎ Assessment :

1. Hip fracture(s)
2. Avascular necrosis of the head of femur
3. IBD-associated arthritis

◎ Plan :

1. Morphine 10 mg every 4 hours PRN for pain
2. Admit to hospital if fracture of hip/head of femur
3. CBC with differential, CMP, X-ray pelvis and femurs-AP and lateral views, CT Pelvis- with and without contrast
4. Performs OMM if indicated(no HVLA)
5. Consult Orthopedics
6. Weight management program referral
7. Follow up tomorrow if discharge to home

HAPPY READING