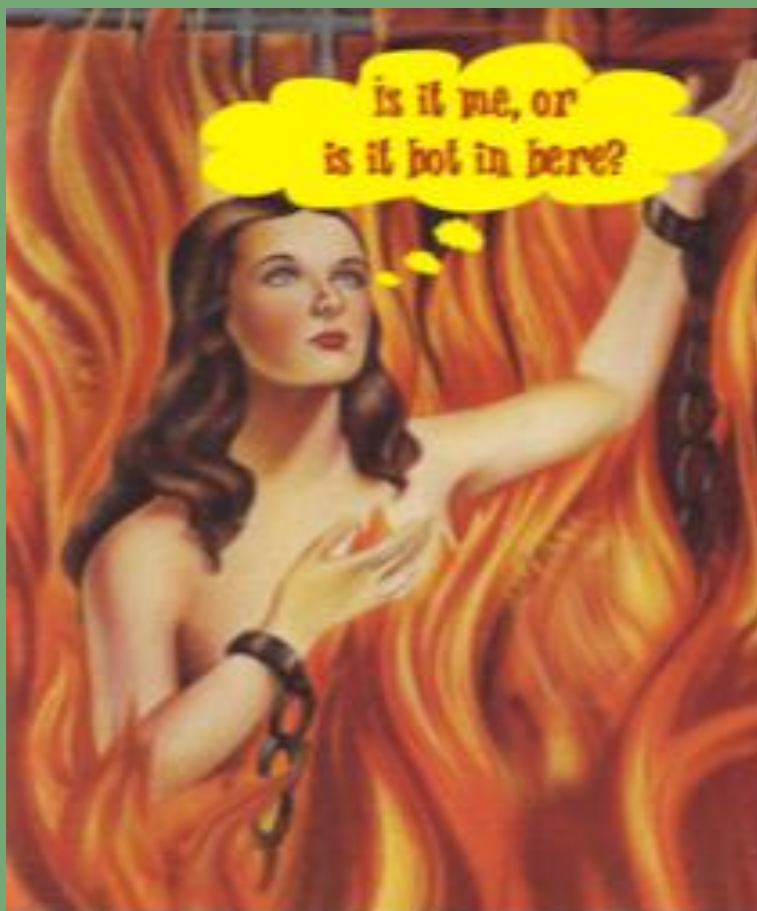


COMLEX Level 2 PE Exam

Hot flashes

Evaluation and management



Patient Data Sheet

- **Patient Name** : Mrs. Doubtfire
- **Clinical Settings** : Medicine Office
- **CC** : A 55 years old female feels extremely warm these days.

Vital Signs :

- **Blood Pressure** : 120/88mm Hg
- **Respirations** : 14 per minute
- **Temperature** : 99.6 °F
- **Pulse** : 90 bpm, regular
- **Height** : 64 inches
- **Weight** : 195 lbs.
- **BMI** : 33.5 kg/m²



Differential Diagnosis

- Menopause
- Panic attack
- Hyperthyroidism
- Pheochromocytoma

Key points to remember

- Door information.
- DD
- Menopause / Peri-menopause is the most common cause of hot flashes in this age group.
- Ask for other signs of menopause e.g. vaginal dryness, dyspareunia, osteoporosis, increased bone fragility , unusual fractures.
- Advice about Vitamin D, Calcium and Bis-phosphonate supplementation.

Subjective

- **Hello, Mrs. Doubtfire. My name is Dr. Brown. What brings you to the office today ?**
- *Hi doctor, I feel very very warm.*
- **I see. How long has this been going on?**
- *About a year I would say.*
- **Oh I see. So has this been going on for most days or do you have episodes?**
- *I usually have episodes, and I ignored them last year thinking it was too hot inside our new house. But for the last month or so I find it hard to handle these episodes. Sometimes I wake up in the middle of the night in sweat.*

Contd...

Subjective (Contd...)

- **I see. is there any thing in particular that you associate with these episodes ?**
- *Not really doctor, I wish I knew better. Sometimes I feel embarrassed.*
- **I understand, Mrs. Doubtfire. I would like you to tell me more about these episodes. I will ask you some sensitive information too, but be assured all of it will remain confidential.**
- *Sure doctor, whatever you need to ask.*
- **Thank you.**

Subjective (Contd...)

- **So have you ever felt very nervous or edgy or panicky during these attacks?**
- *No doctor, but the sweat makes me embarrassed.*
- **Does your heart feel like its racing ?**
- *No doc.*
- **Does your chest hurt anywhere ?**
- *No.*
- **How has your appetite been?**
- *Pretty normal.*
- **Have you lost any weight recently?**
- *Not really.*

Subjective (Contd...)

- **Do you have any headaches ?**
- *Not really doc.*
- **Any trouble with your vision?**
- *No doc.*
- **Have you ever felt your palms are sweaty?**
- *Not really.*
- **Okay I will now ask you some personal information, for medical purposes only.**
- **Do you feel any dryness or itchiness in your private parts ?**
- *Sometimes doc, it feels really dry.*

Subjective (Contd...)

- **Have you noticed any discharge or fluid ?**
- *No doc.*
- **I see. have you recently hurt yourself or broken any bones ?**
- *Not really.*
- **Are you currently sexually active ?**
- *Yes only with my husband.*
- **Okay may I ask how your sex life is since these symptoms started?**
- *Not too good doc, sometimes we fight. its just not the same, like I said I feel dry and itchy.*
- **I am sorry to hear that Mrs. Doubtfire. I assure you we will find a solution to these problems.**

PAM HUGS FOSS

- **Okay now I need to ask you about your other medical problems, review your medication list and ask some questions about your family's health in general and about your social habits.**
- *Sure doc.*
- **Do you have any other medical problems ?**
- *I have blood pressure.*
- **Do you take any medications ?**
- *I take a pill for the BP, I am not sure of the name, but I can show you the prescription.*
- **Sure I will take a look at it.**

Contd...

PAM HUGS FOSS (Contd...)

- **Are you allergic to any medication or other substances?**
- *Only to pollen. I don't think I am allergic to any medications.*
- **Have you been hospitalized in the past?**
- *No doc.*
- **Have you had any surgeries in the past?**
- *Only one C section when I had my son.*
- **I see. How many children do you have?**
- *Just my son.*

PAM HUGS FOSS (Contd...)

- **Are you still menstruating ?**
- *Infrequently. The last period I had was 4 months ago. Last year I had periods only thrice in the whole year.*
- **Okay. Do you know of any medical problems in your family?**
- *No doctor.*
- **Do you know what time your mother or your sisters had their menopause?**
- *I am not sure about my mother, but my sister, who is 2 years older just had her menopause last year.*
- **I see, are you aware of any problems like this during her menopause?**
- *I am not sure doctor, but I will ask her.*

PAM HUGS FOSS (Contd...)

- **Sure, you may ask her if you feel comfortable.**
- **Any history of breast or ovarian cancer in your family?**
- *None that I am aware of doc.*
- **Okay now let me ask you some questions about your habits.**
- **Do you smoke ?**
- *I used to smoke 2 packs a day for 20 years. Then I cut down last year when all this started, I felt it might be related to my smoking. I am now down to 1-2 cigarettes a day doctor. I would like to completely quit.*

PAM HUGS FOSS (Contd...)

- **I am glad you are on your way to quit, Mrs. Doubtfire. I appreciate your efforts, its really not very easy to quit. We have all the help available for you. You sound determined, so it will be easier for you. We have nicotine gum, patches and some medications that help reduce craving. After a while you wont even need them.**
- *Thank you doc, I would like to know about them.*

PAM HUGS FOSS (Contd...)

- **Certainly, I have a whole pamphlet for you, we will talk about it. I will help you. We have special smoking cessation counselors to guide you thru it. We also have a support group which meets every week here in the hospital, so if you want you can be part of that group and share your experiences about quitting and you can also make friends in the group, it would keep you motivated. They also share their problems and how they solved it. You will feel good to associate with them.**
- *Sure doc, sounds good. I would be interested.*
- **Okay we will talk about that too when I am done seeing you.**
- *Thank you doctor.*

PAM HUGS FOSS (Contd...)

- **Do you drink any alcohol?**
- *Only socially, doc, I don't have a drinking problem.*
- **Do you use any recreational drugs or have you used them in past?**
- *No doc, I don't mess around with all that.*
- **Good. What work do you do, Mrs. Doubtfire?**
- *I am a secretary in a company. I have worked there for years now. I will retire in a couple of years when my son settles down a bit.*
- **Okay thank you for all the information. Now I will wash my hands and examine you.**

Objective

- Wash your hands.
- Drape the patient.
- Examine all systems.
- Do not do a breast, pelvic or PV examination. it is not allowed in exams.
- You can explain to the patient that pelvic exam is needed, and that you will refer her to an OB-GYN for the same.
- Explains, offers and performs OMM if indicated.

Closure : Assessment and Plan discussion

- **Okay Mrs. Doubtfire. thank you. now lets go over my impressions and the further plan.**
- **First things first, my top impression is menopause. At your age and given your symptoms, this is more likely to be menopause than anything else.**
- **The diagnosis is clinical, but I would still like to do a few investigations to help further management.**
- **Also, if you are not already taking vitamin d and calcium supplements, I would recommend them as your bones tend to lose calcium during and after menopause. I would want you to see a gynecologist too, just for a routine exam. she would do a pap smear so we are sure we are not missing anything else.**
- *That sounds good doctor.*

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

- **About your dryness and itchiness, I can prescribe you some emollient creams, that would help retain moisture. That should help. Also after the gynecologist sees you, if there is a need for any other medication we will get you that as well.**
- *That would be wonderful doctor. what about these flashes ?*
- **For now we will just give you symptomatic treatment, Mrs. Doubtfire, and see how you do on it. Some people may need hormonal replacement therapy that is HRT to go thru a menopause. We will see how you do with symptomatic treatment first. I would like to see you again in two weeks.**
- *Okay doctor.*

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

- **Can I answer any other questions or concerns for you at this time, Mrs. Doubtfire ?**
- *Not really doctor, I think I am all set. I thought I was going thru the menopause, but I wanted a doctor to confirm it. Also I wanted something for my symptoms. I am glad I came to you.*
- **Thanks. Lets get the labs and X-ray done, and then we will talk again.**
- *Sure doctor. Thank you very much.*
- Say thanks, shake hands and leave.

Assessment and Plan

◎ **Assessment:**

1. Menopause
2. Panic disorder
3. Hyperthyroidism

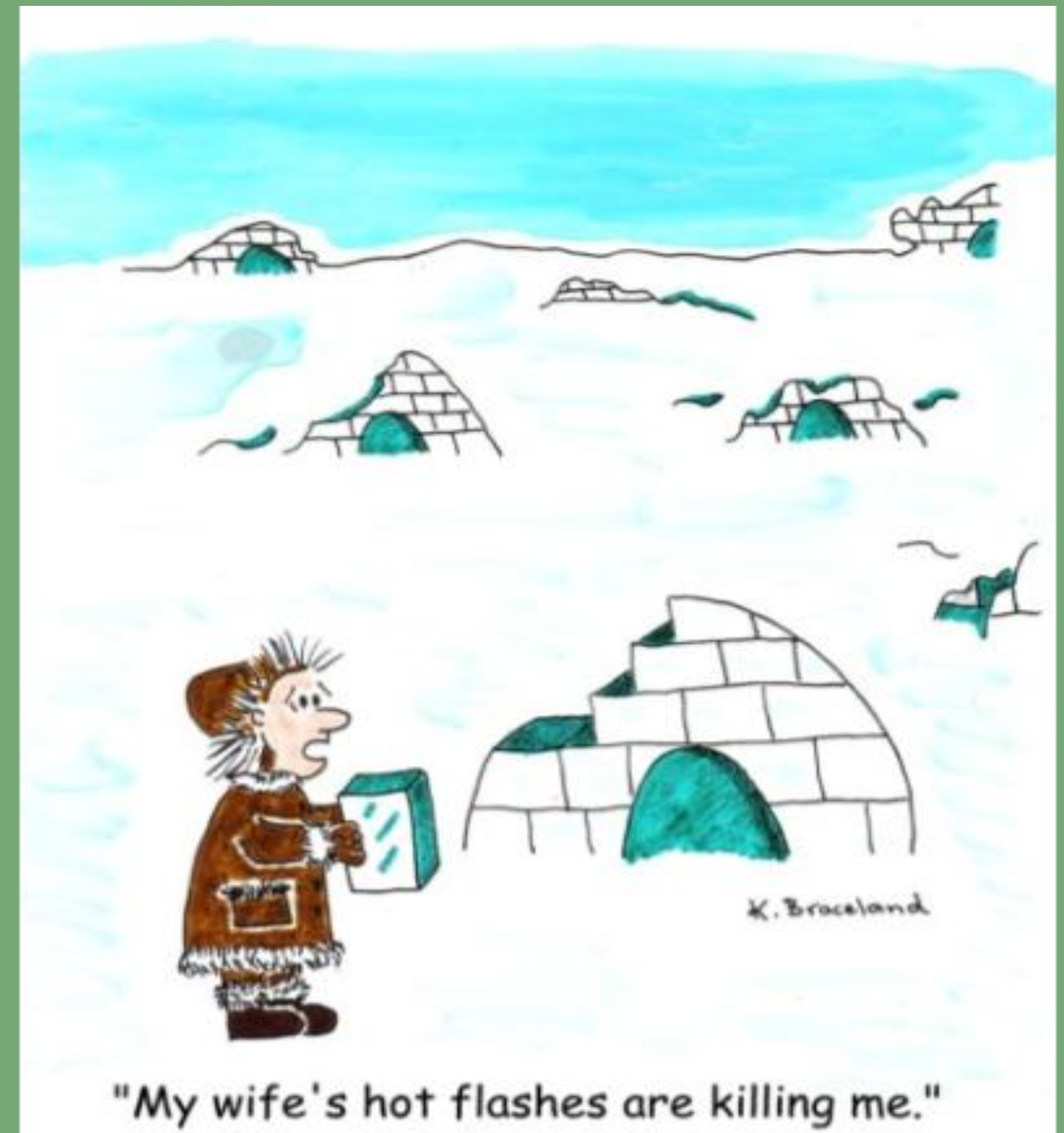
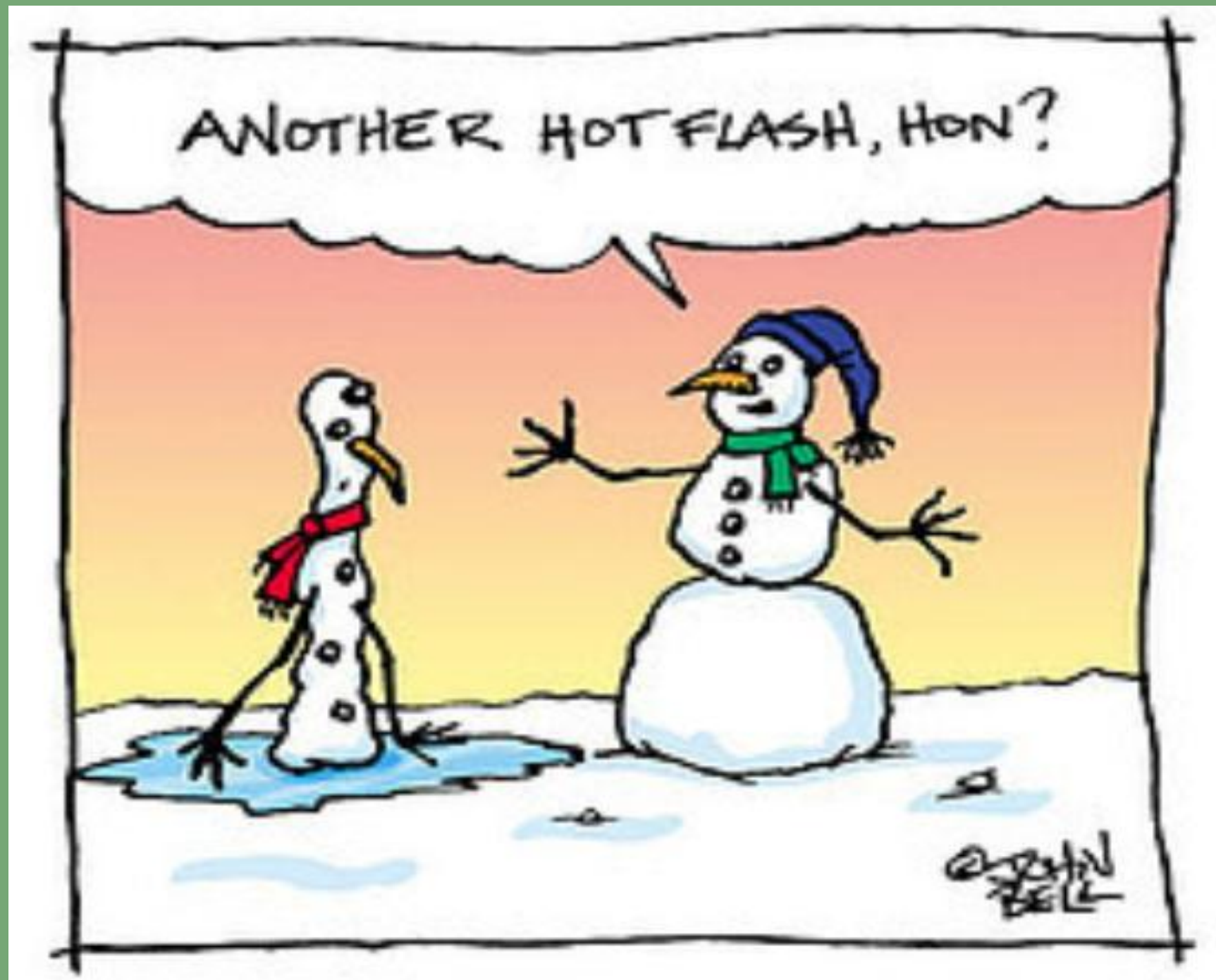
◎ **Plan:**

1. Hormone Replacement Therapy, Calcium carbonate 1200 mg PO daily and Vitamin D3 1000 units PO daily
2. Vaginal Moisturizing agents and Vaginal Estrogen cream
3. CBC, BMP, S. TSH, Lipid profile, Pap smear, DEXA scan, Pelvic examination
4. Consult Ob-GYN
5. Smoking cessation
6. Follow up in 2 weeks

Dealing with hot flashes



Hot flash epidemic in North Pole: No sweat ! Just kiddin' :



Happy Reading