

# COMLEX Level 2 PE Exam

A 45 year old lady came to clinic for her routine visit and to get her medications refilled.





# Patient Data Sheet

- **Patient Name** : Mrs. Adam
- **Clinical Settings** : Medicine Office
- **CC** : A 45 year old female presents with routine visit.

## ➤ **Vital Signs** :

- **Blood Pressure** : 136/ 84 mm Hg
- **Respirations** : 12 per minute
- **Temperature** : 99.0 °F
- **Pulse** : 80 bpm, regular
- **Height** : 65 inches
- **Weight** : 182 lbs.
- **BMI** : 30.3 kg/m<sup>2</sup>



# Key Information

- There's no DD in this case as pt has come for medication refill.
- Do a usual history taking, check for medication compliance, any possible side effects from the drugs, any other symptomatology. Assess for other risk factors for heart disease and do appropriate counseling and investigations.
- Do a good physical examination. Check BP in supine and sitting position.
- Answer her questions and concerns.



# Subjective

- **Hello Mrs. Adam, my name is Dr. Gomes. I am a physician here, I will take care of you today. What brings you to the hospital today ?**
- *Hi Doctor, I thought my regular doctor was going to see me. He had asked me to come in to see how my BP was doing.*
- **I see. Mrs. Adam, I am covering for your doctor today. I have your file with all your information on it. I will ask you relevant questions and examine you. I will take care of your BP issues too. All the information will be conveyed to your doctor. So please don't worry he will know you were here and whatever we talk about today.**
- *Okay doctor.*

Contd...



## Subjective (Contd...)

- **Thank you. Okay so Mrs. Adam, do you have any complains today ?**
- *No , I just had this appointment for my BP.*
- **I see. when were you started on your BP medications ?**
- *A couple of weeks ago. I had come in for an annual physical a month ago and Dr. Greenwich said I had high BP. Then he sent me to the nurse to check my BP again in a week. She said it was high too. Then he put me on the pill and asked me to come back in 2 wks time. And today he doesn't show up! I don't know why I am here?*



## Subjective (Contd...)

- **I appreciate your keeping your appointments, Mrs. Adam. I understand you are upset not to see Dr. Greenwich here today. He has some personal reasons for which he is not in office and I am covering for him.**
- **I am competent to take care of you and all information will be conveyed to him.**
- *Okay if you say so.*
- **Okay so Mrs. Adam, do you know the name of the med you were started on ?**
- *Yes doc its a water pill.*



## Subjective (Contd...)

- **I see. Have you been taking it regularly ?**
- *Yes, every single day, before breakfast like I was told.*
- **That's very good. Keep it up**
- **Do you have any problems since starting this pill ?**
- *Not really.*
- **Have you had any headaches since starting it ?**
- *No doc.*





## Subjective (Contd...)

- **Any dizziness ?**
- *No.*
- **Ever felt sick or thrown up ?**
- *No doc.*
- **Does your chest hurt?**
- *No doc.*
- **Ok good. I am glad you don't have any of the side effects that some people develop. I also appreciate you taking the pill regularly. That's very good.**





## Subjective (Contd...)

- **How much salt do you use in your diet?**
- *Don't use salt shaker. I don't put a whole lot in my meals. Just a little otherwise it will taste bland.*
- **Do you consume any other salty things like potato chips, cheese, pizza, bloody Mary ?**
- *I use some cheeses in my cooking but I don't use the other stuff.*
- **I see. What about physical activity ?**
- *I do the household chores that are the activity I get.*



## Subjective (Contd...)

- **I see. Do you ever feel short winded?**
- *When I go up the stairs doctor.*
- **I see. Have you considered weight loss Mrs. Adam ?**
- *I have tried, but I can't stick to a diet doctor.*
- **I understand, its difficult. I would still encourage you to keep trying. Let me tell you if you lose weight it would help control your BP better too. Also, you would need less medication. Do you think you need help with your diet and exercise plans ?**
- *I think I would doc.*



## Subjective (Contd...)

- **Okay, we have a great nutritionist and dietician here in the hospital. I can make an appointment for you with them and they will help you with your diet plans.**
- **We have a support group here in the hospital that meets every week. People who are trying to lose weight share their experiences and help each other. I think you will like being part of such a group.**
- *I would love to doc, I didn't know other people had such problems too.*



## Subjective (Contd...)

- **Yes Mrs. Adam, many people do. It really helps to have buddies who you can share experiences with and work with in this process. Makes it easier for you.**
- *I am sure it does. I would love to meet them.*
- **Certainly I will arrange for it.**





# PAM HUGS FOSS

- **Okay Mrs. Adam, now let me ask you about your other medical problems, the meds you are on, your habits and family's health.**
- *Ok doctor.*

- **Do you have other medical problems ?**
- *Yes doc, I have blood pressure for which I m here. I have anxiety for which I see another doctor. I also have mild asthma, for which I use the inhaler as needed. I have some back ache for which I take pain meds. and I am trying to lose weight.*

Contd...



## PAM HUGS FOSS (Contd...)

- **I see. So do you take any other medications apart from the ones you already mentioned?**
- *No doc, I think that's pretty much it.*
- **Okay. Are you allergic to any medication or other substance ?**
- *None that I know of doctor.*
- **Have you been hospitalized in the past ?**
- *No doc.*
- **Have you had any surgeries in the past ?**
- *No doc.*





## PAM HUGS FOSS (Contd...)

- **Does any one in your family have any medical problems ?**
- *My parents both have blood pressure, my dad had diabetes. he died of a heart attack at the age of 70. my mother has osteo of both knees, she got the right knee done last week.*
- **I am sorry.**
- **Now I would like to discuss about your habits.**





## PAM HUGS FOSS (Contd...)

- **Do you smoke ?**
- *I used to smoke Doctor. I smoked like a chimney, about 2 or 3 packs a day since I was in high school. Then when my father had the heart attack, I gave up. It took a lot of will power, I cheated in between but now I am clean for 6 months.*
- **That's very good to hear Mrs. Adam, I am glad you decided to give up and I am proud you have stuck to your decision. its tough to quit after smoking so much, you are doing very good indeed, keep it up.**
- *Thank you doctor.*



## PAM HUGS FOSS (Contd...)

- **Do you drink any alcohol ?**
- *No doctor.*
- **Have you used any recreational drugs ever?**
- *No doc.*
- **Are you sexually active?**
- *Yes with my husband only.*
- **Do you use any contraception?**
- *We use condoms doc.*





## PAM HUGS FOSS (Contd...)

- **How many children do you have?**
- *We didn't have any, we decided not to.*
- **I see.**
- **Are you still menstruating ?**
- *Yes doctor and its regular.*
- **Any problems with the flow ?**
- *No doc, its been the same for years, its a bit more on first two days but the next three days its much less. I don't have any problems with my periods.*



## PAM HUGS FOSS (Contd...)

- **Okay good to know that. what kind of work do you do Mrs. Adam ?**
- *I used to be a teacher in pre school, but that was a temporary job. now I am at home. I will look for another job soon.*
- **I see. I wish you luck with that and hope you find something you like soon.**
- *Thank you doctor.*





# Objective

- **Okay Mrs. Adam, I will now wash my hands and examine you. then we will sit and talk for a bit.**
- *Sure doctor.*
- Wash your hands.
- Drape the patient.
- Do a good general and HEENT exam.
- Examine CVS.
- Check BP in supine and sitting up position.
- Check for pedal or dependent edema.
- Check for peripheral pulses.
- Quickly auscultate RS, do abdo. exam.
- Don't forget a fundus exam.
- Explains, offers and performs OMM if indicated.





# Closure : Assessment and Plan discussion

- **Okay Mrs. Adam, thank you for your cooperation. lets talk about your issues now.**
- **So you were started on this water pill about 2 wks ago and you came in to follow up today.**
- **The nurse checked your BP and it was slightly high, but its better than what it used to be before you were started on this medication.**

Contd...



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

- **I checked it again today and its lower than the nurse's readings. I appreciate your sincerity in taking meds regularly.**
- **We will continue to keep you on this medication for now and have you see a nurse practitioner in about a month, to see how you are doing.**
- **We would like to see your BP somewhere like 120's over 70's to 80's. Since you have just been started on this pill, I would give it some time to act and see how you do in about a month's time.**



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

- **Till then, like we discussed, we would like to see you lose some weight. It will help control your BP better. It might also help with your asthma. As we talked, we will arrange for the nutritionist and dietitian to help you.**
- *Thanks doc.*
- **I would also encourage you to do more physical activity. Like going for a brisk walk every morning, say about 20-25 mins every day. You must do this at least 5 days a week. I know it will be a bit difficult to begin with, but you will start enjoying it.**



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

- *I will try doctor.*
- **In case you don't wish to do that, you may join some local gym, or work out at home if you have the equipment. You can start with very light exercises and go up. But please don't over do it, do only as much as your body can take. You could also try gardening. I would advise you to use stairs as much as possible and avoid taking the elevator whenever you can.**



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

- **I would also like you to review your salt intake with the dietitian and nutritionist. We want your total intake to be less than 2 grams a day. I know its hard to keep count, but they will help you achieve goals. That will also help control your BP better. I would encourage you to read the labels of ready to eat foods to see the sodium content. Please avoid the ones with very high sodium or salt content. We can give you a pamphlet to help you.**
- *Okay doctor.*



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

- **As an additional measure, Mrs. Adam, I would like to run a few labs and get an EKG to see how you are doing after the pill was started. The blood can be drawn right now and I can call you back with the results. We will go over the results and their meaning and I will let you know if anything needs to be changed or if any new meds need to be added.**
- *Sure doc. what kind of tests ?*



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

- **Well first would be a basic metabolic panel, which is to see how the sodium, potassium, chloride and other electrolytes are doing. Sometimes water pill can affect them. So I want to be sure they are in the normal range. Another would be to check cholesterol. Since you have family history of heart problems and you have some risk factors yourself.**
- *I understand doctor.*



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

- **Okay do you have any other questions or concerns at this time Mrs. Adam ?**
- *No doctor, I am all set.*
- **Great. It was nice to see you. We will talk again when we have results back. I would like to see you again after a month for follow up.**
- *Thank you doctor.*
- **Shake hands and leave.**





# Assessment and Plan

## ➤ **Assessment:**

1. HTN follow up
2. Obesity
3. Physical inactivity
4. High-salt intake

## ➤ **Plan:**

1. HCTZ 25 mg daily.
2. CBC with differential, BMP, Lipid profile, 12-lead EKG.
3. Increase physical activity, low salt diet.
4. Referral to Eye clinic for eye examination, Dietitian/nutritionist .
5. Follow up after a month.





# Happy Reading