



COMLEX Level 2 PE Exam

**Sore Throat in a 20 year old college
student**



Patient Data Sheet

- **Patient Name** : Dennis Joseph
- **Clinical Settings** : Medicine Office
- **CC** : A 20 year old male presents with sore throat.

➤ **Vital Signs:**

- **Blood Pressure** : 120/84 mm Hg
- **Respirations** : 14 per minute
- **Temperature** : 100.1 °F
- **Pulse** : 80 bpm, regular
- **Height** : 69 inches
- **Weight** : 153 lbs.
- **BMI** : 22.6 kg/m²

Differential Diagnoses

- Infectious Mononucleosis
- Bacterial Pharyngitis
- Viral Pharyngitis
- Influenza
- HIV



Key points to remember before entering patient's room

- You should have patient's name, Chief Complaint and vitals.
- Please have a Differential Diagnosis before entering room so you can ask specific questions.
- Make patient comfortable.
- Please ask about sexual history and if necessary give safe sex counseling and if you think it is infectious mononucleosis, give counseling about avoiding contact sports.



Opening of the Case

Position of the patient:

- The patient might be sitting on the bed.

Subjective

- **Mr. Joseph, Good morning, I am Dr. Townsend, I am an attending physician in this hospital. (Shake hand). Today I will take care of you. First I will ask you few questions and do brief physical examination. Meanwhile If you have any questions, feel free to ask me. Let me make you comfortable (drape patient at this time).**
- **Please tell me what brought you in the clinic?**
- *Doc, My throat hurts me for a week.*

Contd...

A woman's profile is shown on the left side of the slide, facing right. She has light-colored hair and is looking slightly downwards. Her neck and right arm are replaced by a white, segmented robotic structure. The background is a solid dark blue.

Subjective (Contd...)

- **I can understand it's very troublesome. I will try my best to help you.**
- *Thank you doc.*
- **Tell me, do you have fever?**
- *Yes, I have, It was 100.2 °F when I checked yesterday evening.*
- **I see, Do you have chills?**
- *No doc.*
- **Do you have night sweat?**
- *No doc.*



Subjective (Contd...)

- **Did you take any medications for it?**
- *Yes, I took Tylenol but it did not help me much.*
- **Do you have cough?**
- *No doc.*
- **Do you have runny nose?**
- *No doc.*
- **Do you have generalized weakness?**
- *Yes, I do and I can not concentrate on my study. I need to have something.*

A woman's profile is shown on the left side of the slide, with a glowing blue aura around her head and neck. A hand is visible near her neck, possibly indicating a medical examination or a point of interest. The background is a solid dark blue.

Subjective (Contd...)

- **I can understand, let me ask you few more questions and do your examination, then I will give some medications to help you feel better.**
- **Do you have any swollen glands in the neck?**
- *I think so. Look at here.*
- **I see. Do you have any difficulty in swallowing?**
- *Yes, sometimes.*
- **Do you have nausea or vomiting?**
- *No doc.*



Subjective (Contd...)

- **Do you have belly pain?**
- *Yes, doc.*
- **Tell me where do you feel belly pain?**
- *Right here (patient will point out to left upper quadrant).*
- **On the scale of 1 to 10, how would you grade your pain, while 10 being most severe pain?**
- *About 3.*
- **Does it move to any other parts of your body?**
- *No.*

A woman is shown in profile on the left side of the slide, facing right. She has light-colored hair and is wearing a white medical device around her neck, which appears to be a ventilator or a similar respiratory support device. The background is a solid dark blue color.

Subjective (Contd...)

- **What makes it better?**
- *Nothing.*
- **What makes it worse?**
- *Nothing.*
- **Do you feel tired?**
- *Yes doc, it's bothering me much.*
- **Do you have any chest pain?**
- *No doc.*
- **Do you have any difficulty in breathing?**
- *No doc.*



Subjective (Contd...)

- **Do you have any headache?**
- *No doc.*
- **How is your appetite?**
- *I don't feel to eat.*
- **Have you noticed any change in your weight?**
- *No, it's same.*
- **Did you travel recently?**
- *Yes, I went to Hawaii last month with my girl friend.*



Subjective (Contd...)

- **Do you know any sick person around you?**
- *Yes, My girlfriend had similar complaints last week.*
- **Have you noticed any changes in urination?**
- *No it's the same.*
- **Is there any change in your bowel movements?**
- *No.*



PMH

- **(You should use transition sentence here).**
- **Mr. Joseph, now I would like to ask you about your health in the past.**
- **Have you had similar complaints in the past?**
- *No doc.*
- **Do you have any medical conditions?**
- *No.*



PSH

- **Do you have history of any surgery?**
- Yes, I had appendectomy at the age of 14.

A woman's profile is shown on the left side of the slide, facing right. She has a glowing blue aura around her head and neck. The background is a solid dark blue.

Medications and Allergy

- **Apart from Tylenol, do you take any medications?**
- *No doc.*

➤ **Allergy:**

- **Do you have any allergy?**
- *Yes, penicillin gives me rash.*

A woman's profile is visible on the left side of the slide, looking towards the right. A hand is holding a lit cigarette near her mouth. The background is a solid blue color.

Social History

- **Now I would like to ask you few questions about your social habits?**
- *Ok doc.*
- **Do you smoke?**
- *No, doc.*
- **Do you take alcohol?**
- *I take it only when we have college party on weekend.*
- **How much do you take?**
- *1 or 2 drinks of beer.*

Contd...



Social History (Contd...)

- **Do you take any recreational drugs?**
- *No doc, I tried cocaine when I was in the high school.*
- **I appreciate that you quit it.**

➤ **Sexual history:**

(Please use transition sentence here).

- **Mr. Joseph, now I would like to ask you few personal questions. Is that ok with you?**
- *Sure, doc.*



Social History (Contd...)

- **Are you sexually active?**
- *Yes, doc.*
- **How many sexual partners have you had in last six months?**
- *3 .*
- **Are they male, female or both?**
- *All female.*
- **Do you use any protective devise?**
- *Sometimes I use condoms.*



Sexual History

- **Have you had any sexually transmitted infections in the past?**
- *Yes, I had some infection two years back and I took antibiotics for few days and I was ok.*
- **(In sympathetic tone) Mr. Joseph, I am concerned about your sexual practices.**
- **High risk sexual practices such as not using condoms and having sex with multiple partners put you at high risk for getting infections such as HIV, Hepatitis B , C and many more.**

Contd...

A woman's profile is shown on the left side of the slide, looking towards the right. A hand is visible near her neck, holding a condom. The background is a solid blue color.

Sexual History (Contd...)

- **So I strongly recommend you to use condom every time and get yourself tested for HIV.**
- *Ok doc, I would like to be tested for HIV.*
- **That's good. I will get consent for it after this encounter.**
- **Occupation:**
 - **What kind of work do you do?**
 - *I am a full time student.*

A woman's profile is shown on the left side of the slide, facing right. She has light-colored hair and is wearing a white medical device around her neck, which appears to be a pulse oximeter or a similar sensor. The background is a deep blue with a subtle, darker blue silhouette of a person's head and shoulders on the right side.

Family History

- **Does any body in your family have medical problems?**
- *Yes doc, my father has HTN and DM.*



Summarization of History in 2-3 sentences

- **Mr. Joseph, thank you. Now I am done with history, let me summarize it for you.**
- **As you mentioned, you have sore throat for a week with fever, generalized weakness, fatigue, dull belly pain in left upper quadrant and you don't feel like eating.**

Challenging Question

- **Do you have any question?**
- *Doc, do I need antibiotics?*
- **Well, it's good question. First I need to find out what exactly causing this by doing physical examination and some tests. After that I will prescribe it if you need it. Is that ok?**
- *Sounds good, doc.*

A medical professional, wearing a white lab coat and a stethoscope, is examining a patient's neck. The patient is lying down, and the professional is using their hands to palpate the area. The background is a solid blue color.

Points to remember before starting Physical Examination

- Wash your hands.
- Always make patient comfortable.
- Ask permission to examine.
- Do not repeat painful maneuvers.
- Use proper draping techniques.
- Provide help during examination.
- Explain what you are doing.
- Here, patient has LUQ pain, reassure him that you would be as quick and gentle as possible.

Focused Objective

- **Mr. Joseph, now I would like to examine you. As you are in pain I would be very quick and gentle. May I start?**
- Yes, doc.
- **General:** any distress, built.
- **HEENT:** Check for pallor, icterus, lymphadenopathy, nasal congestion, posterior pharynx, tonsils.
- **RS:** Auscultation.
- **CVS:** Auscultation .
- **GI:** LUQ pain, rebound tenderness, rigidity, splenomegaly.
- **Extremities:** Look for edema, and bilateral pulse.

How to finish case

- Once you are done with history and physical examination, give him initial impression and plan
- **Mr. Joseph. I am done with your evaluation. Thank you for your co-operation. Let me give my impression. Based on your history and my physical examination it seems that you have viral infection. But it could be something else. So to confirm it I need to do some blood tests and take sample from your throat to check. These are pretty quick test. Once we will have test results I will give you right medications. I will see you after a week.**
- **Do you have any questions?**
- *Not really.*
- **Shake hands and leave the room.**



➤Special counseling about avoid contact sports

Mr. Joseph, I would like to inform you that in this condition, your spleen, one of the organ in your belly, might be enlarged and it is at risk for damage if you engage your self in contact sports or any other related activities. So please avoid such activities until you get better.

SOAP Note

Subjective:

- A 20 year old male, college student, came to clinic with c/o sore throat for a week. It is associated with fever of 100.2 F with no chills and night sweat, Tylenol did not help him, swollen glands in neck, difficulty in swallowing, fatigue, generalized weakness, decrease appetite, belly pain in LUQ that is 3/10, dull, non radiating, no aggravating and relieving factors. He denied any cough, runny nose, chest pain, shortness of breath, nausea, vomiting, weight change. He also denied any changes in urination and bowel movements. He went to Hawaii with her girlfriend and she had similar illness last week.

Contd...

A woman's profile is shown on the left side of the slide, facing right. She is wearing a white medical collar around her neck. The background is a solid blue color.

SOAP Note (Contd...)

- **ROS:** negative except as above.
- **PMH:** Some STDs, patient does not know name.
- **PSH:** appendectomy at age of 12 years.

➤ **Medications:**

- Tylenol

➤ **Allergy:**

- Penicillin causes rash



SOAP Note (Contd...)

- **SH:** Denied any smoking, occasional alcohol drinker, used to take cocaine but quit.
- **Sexual history:** Currently sexually active with girlfriend only, had 3 female partners in 6 months, occasional use condoms.
- **FH:** Father has HTN and DM.

Objective

- **Vitals:** WNL except Temp: 100.1 F.
- **General:** well oriented young male, sitting on the bed, without any acute distress.
- **HEENT:** PERRLA, EOMI, no pallor, icterus; cervical LAD present, no pharyngeal erythema/exudate.
- **RS:** CTA, no additional sounds.
- **CVS:** s1/s2 rrr, no murmur, rubs and gallops.
- **Abdomen:** Soft and non distended, mild tenderness present on LUQ, BS present, no organomegaly.
- **Extremity:** no edema, bilateral pulse present.
- Explains, offers and performs OMM if indicated.

Assessment and Plan

➤ **Assessment:**

1. Infectious mononucleosis
2. Viral pharyngitis
3. Bacterial Pharyngitis
4. Acute HIV infection

➤ **Plan:**

1. Acetaminophen 650 mg PO three times a day
2. Rest, Adequate fluids and nutrition
3. CBC with differential, Rapid streptococcal antigen test, Peripheral smear
4. Mono spot, Throat Culture ,HIV test- ELISA , Anti – EBV antibody
5. Safe sex counseling, avoid contact sports
6. Follow up in a week

A woman is shown in profile, reading a book. She is surrounded by a bright, glowing blue light that creates a halo effect around her head and shoulders. The background is a deep, dark blue. The text "Happy Reading" is written in a white, serif font across the center of the image.

Happy Reading