

# COMLEX Level 2 PE Exam

*A 33 year old came to clinic  
with cough since last 3 wks.*



# Patient Data Sheet

- **Patient Name:** Mr. O' Hall
- **Clinical Settings:** Medicine Office
- **CC:** A 33 year old male presents with a cough.

➤ **Vital Signs:**

- **Blood Pressure :** 120/84 mm Hg
- **Respirations :** 14 per minute
- **Temperature :** 99.2 °F
- **Pulse :** 80 bpm, regular
- **Height :** 67 inches
- **Weight :** 141 lbs.
- **BMI :** 22.1 kg/m<sup>2</sup>

# Differential Diagnosis

- Chronic bronchitis
- Asthma
- TB
- Pneumonia (atypical)
- GERD

# Key Points to remember

- Doorway information.
- Age of the patient.
- Occupation, esp. in this case. Chronic cough may result from pneumoconiosis, occupational exposures like byssinosis, bagassiosis etc.

Contd...

# Key Points to remember (Contd...)

- History of recent travel or sick contacts, Country of origin (TB), Risk factors for HIV (TB or other opportunistic infections).
- History suggestive of GERD e.g. dyspepsia, retrosternal burn, post prandial pain, water brash etc.

# Subjective

- **Hello Mr. O' Hall, My name is Dr. Alrakawi. What brings you to the hospital today?**
- *Hi doctor, its this cough. (Patient coughs even as he tries to speak)*
- **Offer him a glass of water, tissues, let him settle then resume the interview.**
- *Sorry doc.*
- **It's alright. I can see this cough is really bad.**
- *Yes doc.*

Contd...

# Subjective (Contd...)

- **How long has it been going on?**
- *I would say 3 wks doc.*
- **I see. Is there anything particular that you would relate to the starting of this cough ?**
- *I would say doc its the weather. I often cough badly in winters.*
- **I see. Have you had such bad coughs in the past few years too?**
- *Well I cough but not this bad. Usually its in the morning.*

# Subjective (Contd...)

- **I see. Is it a dry cough or do you produce sputum?**
- *There is some gunk doc, most of the times its yellowish, these days its greenish. Sometimes it can be black too.*
- **I see. Have you noticed any change in your voice recently?**
- *No doc.*
- **Do you feel short of breath when you cough?**
- *Not really, tho I do feel short of breath sometimes, when I do some heavy work. I think my age is catching up with me.*



# Subjective (Contd...)

- **I see. Did you have a fever since this cough started?**
- *No.*
- **Does your chest hurt anywhere?**
- *No, though I feel tired from the coughing sometimes.*
- **Have you ever coughed up blood?**
- *No doc.*
- **Is anyone at home or work sick?**
- *No doc.*

# Subjective (Contd...)

- **Do you have any burning sensation behind your chest?**
- *No.*
- **Do you feel some pain or a sourish water like taste after eating?**
- *No doc.*
- **Do you have a bad tummy after eating spicy food?**
- *Not really.*

# Pam Hugs Foss

- **Ok Mr. O' Hall, now lets go over your medical history, your meds and some other relevant questions.**
- **Do you have any medical problems ?**
- *None that I know of.*
- **Are you on any meds, prescribed or over the counter?**
- *No doc I am healthy.*
- **Are you allergic to any medication or substance?**
- *None.*

Contd...

# Pam Hugs Foss (Contd...)

- **Have you been hospitalized in past?**
- *No.*
- **Any surgeries in past?**
- *No doc.*
- **How have your bowel movements been?**
- *Pretty regular I would say.*

# Pam Hugs Foss (Contd...)

- **How about your bladder?**
- *That's fine too, no problems.*
- **Do you sleep well?**
- *I guess so.*
- **Does anyone in your family have any medical problems?**
- *My mother has diabetes and my father has high blood pressure. Other than that I don't think so.*

# Pam Hugs Foss (Contd...)

- **What kind of work do you do?**
- *I work in a heavy machinery factory.*
- **Does that expose you to dust, flying particles etc.?**
- *No doc my work is mainly welding with the torch.*
- **I see, now lets talk about your habits.**
- **Do you smoke Mr. O' Hall?**
- *Yes doc, about 2 packs a day.*

# Pam Hugs Foss (Contd...)

- **How long have you been a smoker?**
- *As long as I can remember. May be I started in high school, like all kids do.*
- **Did you ever try to quit?**
- *No.*
- **As your physician its my responsibility to tell you that smoking can affect your health in a number of ways. This cough that wont go away may be related to it. Besides it puts you at a higher risk for many types of cancers like lung, mouth, lips, stomach, bladder. It also puts you at more risk for heart diseases like heart attack and angina, and for stroke.**

# Pam Hugs Foss (Contd...)

- *Yeah I know doc. But I can't quit. I have to smoke*
- **Ok. I understand its difficult to quit, Mr. O' Hall. At any point if you wish to quit, there is help available and I will be there to guide you through it.**
- **Do you drink alcohol?**
- *Only 6 packs on the weekend.*
- **Do you do any drugs?**
- *No. I never messed with them.*



# Pam Hugs Foss (Contd...)

- **Are you currently sexually active?**
- *Yes only with my girlfriend.*
- **I see. Do you use protection or other form of contraception?**
- *She takes the pill.*
- **Have you ever been diagnosed with any sexually transmitted disease? Don't worry this information will be confidential**
- *I had some warts removed once doc, but nothing other than that.*

# Pam Hugs Foss (Contd...)

- **Have you recently travelled outside the country?**
- *No doc.*
- **Has anyone near you been diagnosed with TB?**
- *Not that I know of doc.*
- **Where were you born?**
- *I was born here in the USA.*

# Pam Hugs Foss (Contd...)

- Okay great !
- **Thank you for all that information, Mr. O' Hall. I would now wash my hands and examine you. Then we will go over what my impressions are. We might need a few tests to confirm the diagnosis. Is that ok?**
- *Ok doc, whatever you say.*

# Objective

- Wash your hands.
- Drape the patient.
- Do a good general exam, look for Cyanosis, clubbing, edema, lymphadenopathy esp. cervical. Look for tobacco stains on nails and skin. Look for discoloration of teeth, tongue and oral mucosa.
- Do a good HEENT exam.
- Examine RS.
- Examine the other systems.
- Explains, offers and performs OMM if indicated.

# Closure: Assessment and Plan discussion

- So, Mr. O' Hall. Lets go over what I think.
- From whatever you told me, and what I found during examination, I think the number one possibility is that you have a lung disease, a disease affecting the smaller air tubes and your lungs. We call it chronic bronchitis. You are a heavy smoker and you have had this cough for a long time. This is a very classical sign of this disease.
- *Does that mean I am burning out my lungs?*

Contd...

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

- **Pretty much so, Mr. O' Hall. The cigarette smoke has many substance that can damage normal healthy lung tissue and that is then replaced by scar. So over time you lose normal lung and you have lots of scar tissue. Your lungs don't blow as well as they should, they kinda shrink.**
- **Is it COPD or something doc? My friend has it and he has to use the mask!**
- **Yes it is a type of COPD Mr. O' Hall.**

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

- Does that mean I have to use a mask too?
- **Well at this point I would guess no. But if you continued to smoke, and if your lungs got worse then eventually you might need to. If you give up smoking, you will start improving and we can prevent further damage.**
- Could it be anything else doc?
- **It could be, that's why we need some tests. It could be TB, that's why I asked you all those questions of where you were born, if you had travelled recently etc. It's less common in this country but if you travel to a place where its common like Asia, you could get it.**

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

- I see. What else could it be?
- **Well it could even be asthma, which gets worse in winter. Since you are a smoker, that puts you at higher risk for asthma too.**
- I see.
- **I have to tell you Mr. O' Hall there is a small possibility it may be something bad like a cancer of your throat or lungs too. I have to keep that in mind too.**



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

- I see doc. If its cancer, will I die?
- **Well I understand your concern Mr. O' Hall. I am glad you have come in. If it really is cancer and if we pick it up early , then there is treatment available. I would be in a better position to guide you only when we have our labs back. Only then we can say for sure what it is, till then I can only hope its not Ca.**
- I see doc. What kind of labs do you want doc?
- **Well some blood tests and an X-ray of your chest for now. Just to see if there's anything major there. Once we have that back, I will be able to tell with more certainty what it is. I will inform you all test results and discuss treatment plan. I would also like to see you after a week for follow up.**

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

- Okay. What about my cough doc?
- **I will give you medications for that . You have to try to stop smoking Mr. O' Hall, otherwise your cough may never completely get better. We have nicotine patch, gum and other medications which decrease craving initially. Later you wont feel the need for them too. But you have to have a will power to want to quit.**
- I will think about it doc, but it sounds tough.
- **Sure, it is not very easy, but I am sure with some motivation you can do it.**

# Assessment and Plan

➤ **Assessment:**

1. Chronic bronchitis
2. Asthma
3. CA Larynx
4. TB
5. GERD
6. Bronchogenic CA
7. Smoking

➤ **Plan:**

1. Azithromycin 500 mg PO daily for 3 days if fever present.
2. CBC with differential, BMP, Sputum – AFB, Chest X-ray, PA and Lateral.
3. PFT's.
4. Smoking cessation, referral to Smoking Cessation Program.
5. Follow up after a week.

# Happy Reading