

COMLEX Level 2 PE Exam

A 17 years old female child with her mother comes to office with complaining of amenorrhea.

Patient Data Sheet

- **Patient Name:** Ms. Julia
- **Clinical Settings:** Family Medicine Office
- **CC:** A concerned mother brings her 17 years old daughter to the office as she has still not started menstruating.

Vital Signs:

- **Blood Pressure :** 112/70 mm Hg
- **Respirations :** 14 per minute
- **Temperature :** 99.2 °F
- **Pulse :** 80 bpm
- **Height :** 64 inches
- **Weight :** 106 lbs.
- **BMI :** 18.2 kg/m²

DD(Assessment): Primary Amenorrhea

- Imperforate hymen
- Turner's syndrome
- Extreme malnutrition e.g. Anorexia, Athletes
- Mullerian agenesis
- Hypogonadotrophic hypogonadism
- Prolactinoma
- Testicular feminization

DD(Assessment): Secondary Amenorrhea

- Pregnancy (pt. might have conceived in the first or second ovulation and thus apparently looks like primary amenorrhea).
- Polycystic ovarian disease.

Key points to remember

- Door information.
- Amenorrhea can be very distressing, for any age group. It is especially concerning for parents of teenaged children.
- Differential diagnosis is huge. A good history and efficient physical exam is extremely helpful.

Contd...

Key points to remember (Contd...)

- In case of genetic aberrations or any anatomical defect being suspected, it is advisable to discuss all possible treatment options and their likely outcomes.
- Future reproductive potential is also a concern.
- Other appropriate issues and social concerns must be addressed carefully.

Key points to remember (Contd...)

- The question of sexual activity in a teenaged girl is very sensitive. Most of the times it is advisable not to have the family around while asking these questions.
- Regardless of sexual activity or possibility of pregnancy, contraceptive advice must be offered. Urine pregnancy test is useful in this age group.

Subjective

- **Hello Mrs. Connelly. My name is Dr. Jean. I will take care of you today.**
- *Hi doctor. My daughter Julia is the reason we are here.*
- **I see. Hello Julia, how are you ? So what brings you ladies to the hospital today?**
- *Doctor, I am very much concerned about my daughter. I feel this is scary. (Mother starts to look anxious).*

Contd...

Subjective (Contd...)

- **Mrs. Connelly, I would like you and Julia to tell me more about it. Trust me, all information will be confidential.**
- **I will ask you about your general health and habits, Julia. Then I will examine you.**
- *Okay doc.*
- **We will then talk about what might be the possibilities. Then we will come up with a future plan.**

Subjective (Contd...)

- **Okay so Mrs. Connelly. What are your concerns about Julia's health ?**
- *Doctor she is 17 and she still hasn't had her period.*
- **I see, that is concerning indeed.**
- **Does she have any sisters who started late ?**
- *She has a younger sister, Martha. Martha is 15 and she had her first period a year ago. That makes me worried.*
- **I understand your concern, Mrs. Connelly.**

Subjective (Contd...)

- **What age did Julia's puberty start ?**
- *Around 11-12, I would say.*
- **At what age did you notice her breasts started developing ?**
- *Around the same time.*
- **And what about height or growth in general ?**
- *I would say its been pretty normal.*
- **Has it been the same in her sister too?**
- *Yes, pretty much the same time doctor.*

Subjective (Contd...)

- **I see. Does she have any problems with eating?
Like eating too less ?**
- *No doctor, I don't think so.*
- **Is she involved in any kind of heavy physical activity at school or otherwise ? Like athletics, marathon running etc?**
- *Doctor she plays for the hockey team at school and they do train very hard.*

Subjective (Contd...)

- **I see. Are you always under a lot of stress to perform well in your game and at school, Julia?**
- *I have to give it my best doctor, absolute best. Nothing else would do.*
- **I understand.**
- **So Julia, what do you think about your own body ?**
- *I think I could lose some weight and train better if my body were more flexible. (Patient looks very slim, on calculation her BMI is less than 20).*

Subjective (Contd...)

- **Would you mind telling me what you eat on a typical day ?**
- *I have a glass of milk in the morning, I have some juice and fruits for lunch. I eat a big tuna sandwich at night doctor. I eat very healthy. I don't like a single extra calorie doctor, all girls on the team have to be very fit.*
- **Yes I understand that.**
- **So Julia, have you ever noticed that you are losing lot of hair ?**
- *No doc.*
- **Have you ever felt sick or thrown up ? (anorexics have hypokalemia and other electrolytes disturbances)**
- *No doc.*

Subjective (Contd...)

- **Do you ever feel weak and tired in the middle of practice?**
- *Well I don't think so doctor. And whenever I feel tired, I just remind myself to push harder.*
- **Do you feel you might be overdoing it sometimes?**
- *I don't think so doctor, nothing but the very best is needed. It's a matter of honor.*
- **I understand.**
- **What about other activities in school ?**
- *I am part of the theater group. I also take lessons in piano in the evening, thrice a week.*

Subjective (Contd...)

- **How about your studies Julia. How do you do at that ?**
- *I would say B's most of the time, if I really work hard I can get an A once in a while.*
- **Well that's good to know that you keep a good balance of all things.**
- *Thank you doctor.*
- **Do you have any problems with your vision ?**
- *No doc.*

Subjective (Contd...)

- **Any belly pain ?**
- *No doc.*
- **Have you ever noticed any discharge or fluid coming from your breasts?**
- *None doctor.*
- **Have you noticed any hair in abnormal places?**
- *No doctor.*

Subjective (Contd...)

- **Okay Mrs. Connelly, now if you don't mind, I would like to ask some questions to Julia, in person. We will have you back when we are done talking.**
- *I understand doctor.*
- **Thank you.**
- Mother leaves the room.
- Ask the patient about sexual activity, contraception, binge eating, bulimia and other body self image questions. Then mother can be called back.

Subjective (Contd...)

- Patient confides being a binge eater and being bulimic many times a week. She also confesses feeling tired at the end of the day. She had passed out twice during her piano lessons last month. She is sexually active with her boyfriend, but they use condoms.
- You may let her know at this time that you would need to do a urine pregnancy test, as part of the evaluation, to rule out a possible pregnancy.
- Praise her for using protection, give contraceptive advise. The mother may be called back after this.

PAM HUGS FOSS

- **Okay Julia. Now lets go over your medical history, family history and habits.**
- **Do you have any medical problems that you are aware of ?**
- *No doctor.*
- **Have you been hospitalized in the past?**
- *Only once, for a wrist injury after a game . They gave me a soft splint and kept me in the hospital overnight. The next day I went home.*
- **I see. Good. Any other sports injuries ?**
- *No doctor.*

PAM HUGS FOSS (Contd...)

- **Did anyone in the family, cousins, sisters, mother, aunts have a delayed puberty or start menstruating late ? (ask this to mother)**
- *Not that I am aware of doctor.*
- **Have you had any surgeries?**
- *No doc.*
- **Do you take any pills Julia ?**
- *I take the vitamin one day woman doctor. And fish liver oil. Nothing else.*
- **Are you allergic to any medication or other substance ?**
- *None that I know of doc.*

PAM HUGS FOSS (Contd...)

- **Any problems peeing ?**
- *No.*
- **Any problems with your bowels ?**
- *No.*
- **Ok I need to ask you about your social habits now.**
- **Do you smoke ?**
- *No doctor, I know its bad. A sports person cannot do it.*
- **Do you drink any alcohol ?**
- *I don't drink. I have tasted wine once, but other than that I don't drink.*

PAM HUGS FOSS (Contd...)

- **Have you tried any drugs ?**
- *No doc.*
- **Ok that's good to know. Now let me wash my hands and quickly examine you. Then we will talk about what I think.**
- *Sure doctor.*

Objective

- Wash your hands.
- Drape the patient.
- Examine all systems, don't forget HEENT.
- DO NOT DO PELVIC OR PV EXAMINATION. IT IS NOT ALLOWED IN EXAMINATION.
- IF YOU THINK THERE IS A NEED FOR IT, ASK FOR AN OB-GYN CONSULT.
- NEVER ATTEMPT TO DO BREAST OR PELVIC,PV,PR EXAM.
- Explains, offers and performs OMM if indicated.

Closure: Assessment and Plan discussion

- Okay Julia. Thank you very much. You may now sit up. Lets talk about what I think now.**
- I understand your concerns, as a parent Mrs. Connelly.**
- I talked to you and to Julia about her health, medical history and life style. After that I examined her. From all this I formed some impressions.**
- It is a matter of concern for you as a parent, and for me as a physician, that Julia hasn't had her first period even after the age of 16 years.**

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

- **This is something we called amenorrhea.**
- **We like to think there are two types , first is primary , where the patient has never had a period at all. This might be the most likely thing in Julia's case.**
- **The other type is secondary, where someone has menstruated at least once and then she has not had a period since. We might have missed that period, for some reason. This is pretty unlikely in her case, but we would still like to keep that at the back of our minds.**

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

- There are many causes of primary amenorrhea. A lot of them are genetic diseases, some of them may be anatomical, that is the structure of uterus, cervix and other organs may not be the way it is supposed to be.**
- After talking to Julia, the first possibility that comes to my mind is of extreme physical training and stress to perform. It's not uncommon for athletes to miss periods during times of intense training.**

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

- Their training makes them more susceptible to eating less, working out more, not maintaining an ideal body weight, all of which can cause amenorrhea. An ideal body weight, between certain ranges is essential for normal menstruation.**
- I believe that is the top possibility in Julia's case.**
- After examining her, I can safely say that the likelihood of genetic or chromosomal disorders in her case is negligible.**

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

- **Her development apparently looks appropriate for her age to me. I would still want a gynecologist to do a breast and pelvic exam to be sure we are not missing anything.**
- **There are other things we need to rule out. Like some hormonal disturbances. Or even the remote possibility of pregnancy.**
- **Because each of the causes have their specific treatment, we need to be sure what we are dealing with.**
- *Sounds good doctor. So what do we do next ?*

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

- **Well the first step would be to have a gynecologist see her, and do a complete exam.**
- **She does need a pelvic exam, so we are sure we haven't missed anything. I can help you make an appointment with a gynecologist and follow up with them.**
- **Another step would be to send some basic blood tests, to see the hormonal levels. I would also like to send a urine sample to rule out any possibility of pregnancy.**

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

- **I would also like to see an ultrasound of her belly, to see if the uterus and other structures are where they should be and if they look anatomically normal. I would also advise, at a later stage, to have a nutritionist involved to make sure her diet is adequate and well balanced.**
- **After we have all these results, I would be in a position to say what the diagnosis is. Only after that we can formulate a plan to treat her.**
- **Does that sound right ?**
- *Yes doctor. So when do we get these tests?*

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

- **We can send the blood and urine today itself. I can call the radiologist and find out the earliest time for an ultrasound. We can also set you up with a gyn here. I would like to see you after a week as well.**
- *Ok doctor.*
- **Do you have any other questions or concerns at this time ,Mrs. Connelly?**
- *No doctor, I must say a lot of my anxiety has been lessened.*

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

- **That is good to hear Mrs. Connelly. If you have any other questions or concerns, I would encourage you to write them down and call me with them. Or you can ask when we meet next time. I would be glad to answer them.**
- *Thank you doctor.*
- **Thank you Mrs. Connelly, thank you Julia. It was nice to meet you both. Take care. We will meet again.**
- *Shake hands and leave room.*

Assessment and Plan

- **Assessment:**

1. Extreme malnutrition /eating disorders (Anorexia Nervosa/Bulimia Nervosa)
2. Imperforate hymen
3. Mullerian agenesis
4. Testicular feminization
5. Pregnancy (secondary amenorrhea)

- **Plan:**

1. Genital Examination, Breast Examination
2. Urine pregnancy test, Sr. LH, FSH, Prolactin, TSH
3. Pelvic ultrasound
4. Consult Gynecologist and Nutritionist
5. Follow up after a week



Happy Reading