

COMLEX Level 2 PE Exam

A 32 year old female came to clinic as she has been throwing up for the last two days.

PATIENT DATA SHEET

- **Patient Name** : Mrs. Brown
- **Clinical Settings** : Medicine Office
- **CC** : A 32 year old female presents with nausea and vomiting.

➤ **Vital Signs** :

- **Blood Pressure** : 120/78 mm Hg
- **Respirations** : 14 per minute
- **Temperature** : 99.0 °F
- **Pulse** : 72 bpm, regular
- **Height** : 66 inches
- **Weight** : 134.2 lbs.
- **BMI** : 21.7 kg/m²

DIFFERENTIAL DIAGNOSES

- Pregnancy / morning sickness / hyperemesis gravidarum
- Acute gastritis
- Food poisoning
- Acute labyrinthitis
- Acute hepatitis
- Ileus / intestinal obstruction
- Acute renal failure / uremia / UTI
- Pancreatitis
- Medication induced, chemotherapy induced
- Vaso vagal response

Subjective

- **Good afternoon Mrs. Brown, my name is Dr. Hunt. I am a physician in this hospital. I will take care of you today. What brings you to the office this afternoon ?**
- *Hello doc, I have been throwing up for 2 days.*
- **I see. Were you completely alright before that ?**
- *Yes doctor.*

Contd...

Subjective (Contd...)

- **How did this start ? Is there something that you might relate to it ?**
- *Well nothing in particular, doc. I just felt sick the other day in office. Thought it was probably too hot and stuffy and opened the windows. I felt better, I had a cup of water and the feeling went away.*
- **I see. I would like to know what happened after that.**
- *I came home and felt sick again, threw up once. Then I felt much better. Next morning I felt sick again.*

Subjective (Contd...)

- **I see. So when you threw up, what were the contents of the vomitus ?**
- *Mostly the food I had eaten a few hours before. The second time it was a lot of saliva and watery content, not really food.*
- **I see. Is there a particular time of the day when this occurs ?**
- *I think its worse in the morning and as the day passes, I feel better.*

Subjective (Contd...)

- **I see. Does your belly hurt ?**
- *No doc.*
- **How have your bowel movements been ?**
- *They have been okay doc.*
- **Did you eat something spicy or unusual or stale before this started ?**
- *I am not sure doc. We went to this birthday party of my son's classmate. I ate mac and cheese there. It might have been bad.*

Subjective (Contd...)

- **Does your head spin or do you feel things around you are spinning ?**
- *No doc.*
- **Do you have any problems with your vision ?**
- *None, doc.*
- **Do you have a headache at all ?**
- *No doc.*

Subjective (Contd...)

- **I see. Do you have a fever ?**
- *No doc.*
- **How much do you usually throw up ?**
- *Not a whole lot, doc. Its usually less than half a cup.*
- **I see. I would now like to go over your medical history, list of medications and social habits.**
- *Sure doc.*

PAM HUGS FOSS

- **Do you have any medical problems ?**
- *Not to my knowledge, doc.*
- **Do you take any medications, including over the counters, non –prescription ones, herbal medicines ?**
- *I take birth control pills doc. I also take a vitamin pill every day.*
- **I see. Are you allergic to any medication or other substance ?**
- *No.*

Contd...

PAM HUGS FOSS (Contd...)

- **Have you been hospitalized in the past ?**
- *Only for my delivery 4 years ago.*
- **I see. Have you had any surgeries in the past ?**
- *I had a C-section when my son was born.*
- **I see. How has your bladder control been ?**
- *Its fine doc.*
- **Do you have any burning sensation during urination?**
- *No.*

PAM HUGS FOSS (Contd...)

- **Do you have any history of medical problems in your family ?**
- *My mom has blood pressure. Other than that I don't think so.*
- **I see. Now I would like to ask you some questions about your social habits.**
- *Sure doc.*
- **Do you smoke ?**
- *No doc, I never smoked.*

PAM HUGS FOSS (Contd...)

- **Do you drink alcohol ?**
- *Only socially, doc. That is once in a month or so.*
- **Good. Have you ever done any recreational drugs ?**
- *No doc.*
- **What kind of work do you do ?**
- *I am a banker.*

PAM HUGS FOSS (Contd...)

- **Okay now I would like to go over your menstrual and sexual history, Mrs. Brown. Please be assured that all this information is confidential.**
- *Thank you doc. Sure you can ask me.*
- **When was your last menstrual period ?**
- *It was 5 weeks ago doc, I am actually about a week overdue.*
- **I see. Are your periods usually regular ?**
- *Pretty much. It might be a day or two here or there. But not more than that.*

PAM HUGS FOSS (Contd...)

- **I see. How is the flow ?**
- *Its normal.*
- **Do you have any pain or discomfort during your period ?**
- *No doc.*
- **Are you currently sexually active ?**
- *Yes only with my husband. And I use birth control pills.*

PAM HUGS FOSS (Contd...)

- **I see. Have you been taking your pills regularly ?**
- *Yes doc. Pretty much.*
- **I see. How many children do you have ?**
- *Only my son, Adam. He is 4.*
- **Okay. Thank you for all the information Mrs. Brown. I would now wash my hands and examine you. Then we will go over what might possibly be causing your nausea and vomiting.**
- *Sure doc.*

Objective

- Wash your hands.
- Drape the patient.
- Do a good general and HEENT exam.
- Examine Abdomen first.
- Mention about PV exam, for signs of pregnancy.
- Auscultate CVS and RS.
- Explains, offers and performs OMM if indicated.

Closure: Assessment and Plan discussion

- **Thank you for your cooperation, Mrs. Brown. Lets go over my impressions now.**
- *Sure doc.*
- **Ma'm the first possibility that comes to my mind, when I hear nausea and vomiting from a lady of child-bearing age, is pregnancy. I am aware that you have been using birth control, but even so, pregnancy is possible.**
- *I understand that doc, I am also over due. So it makes sense.*

Contd...

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

- **Yes, that is one more reason to think about pregnancy as the number one cause.**
- *Sure doc.*
- **Another thing that you mentioned was probably eating something at the birthday party. So its likely some food was bad. That might be causing your stomach to be upset.**
- *Sure doc. That could be it.*

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

- **I would also like to make sure its nothing else, like slowing down of the intestinal motion, or may be an obstruction somewhere.**
- *Sure doc.*
- **We would run some basic blood tests for you. I would also like to see a pregnancy test.**
- *Sure doc.*
- **Once these results are back, I would be in a better position to tell you what it is.**

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

- **Until then, I will prescribe you medication for nausea and vomiting. That should help take care of your symptoms. I will also see you in three days to see how are you doing.**
- *Thank you doc.*
- **I will call you back when the results are back. Then we will go over them together. Is there any other question or concern that I can answer today ?**
- *No doc, I am all set.*
- **Thank you. You take care, we will talk soon.**
- **Shake hands and exit.**

Assessment and Plan

➤ **Assessment:**

1. Pregnancy
2. Food poisoning
3. Acute gastritis
4. Acute hepatitis
5. Ileus / intestinal obstruction

➤ **Plan:**

1. Reglan 10 mg IM now and 10 mg PO every 8 hours PRN for nausea/vomiting
2. CBC with differential, CMP, Urine pregnancy test
3. X-ray KUB—pregnancy test negative
4. Patient counseling and education about increase fluid intake and call EMS if condition worsens
5. Follow up in three days

Happy Reading