



COMLEX Level 2 PE Exam

A 46 years old female comes to clinic with weight loss

Patient Data Sheet

- **Patient Name** : Marry Albee
- **Clinical Settings** : Medical Office
- **CC** : A 46 years old female, presents with weight loss.

Vital Signs:

- **Blood Pressure** : 128/82 mm Hg
- **Respirations** : 16 per minute
- **Temperature** : 98.6 °F
- **Pulse** : 94 bpm
- **Height** : 66 inches
- **Weight** : 110 lbs.
- **BMI** : 17.8 kg/m²

Differential Diagnoses

- Depression
- HIV infection
- Diabetes Mellitus
- Hyperthyroidism
- Malabsorption
- Tuberculosis
- Malignancy in female: Breast Ca, Uterine Ca, Cervical Ca
- In male, Prostate Ca
- Lung Ca, Colon Ca for both sexes

Key points to remember before entering the 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 make sure you ask about sexual history, social history and family history and give appropriate counseling.

Opening of the case

Position of the patient

- The patient might be sitting on the bed.

Subjective

- **Ms. Albee, Good morning, I am Dr. Li, 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, I have been loosing weight.*
- **I can understand it's very troublesome. I will try my best to help you.**
- *Thank you doc.*

Contd...

Subjective (Contd...)

- **Tell me, How much have you lost?**
- *I have lost about 20 lbs. in last 6 months.*
- **Have you tried to loose your weight?**
- *No doc, I didn't .*
- **Let me ask you few questions to find out what is causing it.**
- *Ok Doc.*
- **Do you have fever?**
- *Not really but I sometimes feel hot in the evening.*

Subjective (Contd...)

- **Do you have any night sweats?**
- *No doc.*
- **Have you traveled recently?**
- *I went to China four months back as I am a reporter and I have to travel a lot.*
- **Have you been exposed to Tuberculosis?**
- *Not that I know of.*
- **Do you have any cough?**
- *I occasionally cough but it is dry.*

Subjective (Contd...)

- **Do you have any shortness of breath?**
- *No doc.*
- **Do you have any difficulty in swallowing?**
- *No Doc.*
- **Do you feel racing of your heart?**
- *No.*
- **How is your mood over the last two weeks?**
- *It's good but sometimes I feel very stressed out. That might be due to my long working hours.*
- **Do you enjoy things/activities that you used to enjoy?**
- *Yes, I do. I enjoy watching TV and traveling.*

Subjective (Contd...)

- **How is your energy level?**
- *I think I have good energy level.*
- **Do you noticed any changes in your diet?**
- *My diet is pretty much same over last 6 months.*
- **How is your appetite?**
- *Actually I have been eating a lot now a days.*
- **Do you have belly pain?**
- *No doc.*

Subjective (Contd...)

- **Do you have any nausea or vomiting?**
- *No doc.*
- **Have you noticed any changes in your bowel movements?**
- *No it's ok.*
- **Is there any changes in your urination?**
- *Yes, recently I have been urinating a lot.*
- **Do you have any burning sensation while urination?**
- *No, doc.*

PMH

- (you should use transition sentence here).
- **Ms. Albee, 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, the breast cyst was removed 4 years ago.*

Medications and Allergy

- **Medications:**
- **Do you take any medications?**
- *I take multivitamins and calcium.*

- **Allergy:**
- **Do you have any allergy?**
- *Yes, pollen causes me sneeze.*

Social History

- **Now I would like to ask you few questions about your social habits?**
- *Ok doc.*
- **Do you smoke?**
- *Yes, I smoke 4-5 cigarettes a day.*
- **May I know how long you have been smoking?**
- *About 15 years.*
- **Do you take alcohol?**
- *I take 1-2 drinks every weekend.*

Social History (Contd...)

- **Do you take any recreational drugs?**
- *No doc.*
- **Ms. Albee, I am concerned about your smoking. Have you tried to quit it?**
- *No doc, I never tried. I think 4-5 cigarettes is not causing any big problem.*
- **Actually any amount of smoking is injurious to health. As you might know that it can affect your lungs, heart and increase your chance of getting different cancers.**

Social History (Contd...)

- **So, I strongly suggest you to quit it.**
- *Ok doc, I will think over it.*
- **I just want to tell you that we have been running very successful smoking cessation program and our counselors are very helpful. So let me know when you decide.**
- *I will.*

Sexual History

- (Please use transition sentence here).
- **Ms. Albee, now I would like to ask you few personal questions. Is that ok with you?**
- *Sure, doc.*
- **Are you sexually active?**
- *Yes, with my boyfriend.*
- **How many sexual partners have you had in last six months?**
- *3 doc.*
- **Are they male, female or both?**
- *All male.*
- **Do you use any protective devise?**
- *Sometimes I use condoms.*

Contd...

Sexual History (Contd...)

- **Have you had any sexually transmitted infections in the past?**
- *No doc.*
- **(In sympathetic tone)Ms. Albee, 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.**

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:**
- She is a reporter.

Family History

- **Does any body in your family have medical problems?**
- *Yes, Doc.*
- My mother died due to breast cancer at 54 years and my father died due to lung cancer at 67 years of age.
- ***I am sorry to hear.***
- It's ok.

Summarization of history in 2-3 sentences

- **Ms. Albee, thank you. Now I am done with history, let me summarize it for you.**
- **As you mentioned, you have lost unintentional 20 lbs. in last 6 months. You feel hot, have occasional dry cough, increase appetite and have been urinating a lot.**

Challenging Question

- **Do you have any question?**
- *Doc, I have found out from internet that diabetes can also cause symptoms like this. Is this true?*
- **Well, Diabetes can give you symptoms like you experience now but there are other diseases that can also give you same kind of symptoms. So let me examine you and run some blood tests. I will let you know once we finish work up. I assure you that I will try my best to help you.**
- *Sounds good, doc.*

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.
- In this case, explain importance of doing breast, and pelvic examination.
- Explains, offers and performs OMM if indicated.

Focused Physical Examination

- **Ms. Albee, now I would like to examine you. It would be quick and gentle. May I start?**
- *Yes doc.*
- **General** : orientation, distress, built, age.
- **HEENT**: Check for pallor, icterus, lymphadenopathy, thyromegaly, oral cavity-dentition.
- **RS**: Auscultation.
- **CVS**: Auscultation.
- **GI**: Inspection, auscultation, palpation- belly pain.
- **Extremities**: Look for edema, and bilateral pulse²⁵

How to finish case

- *Once you are done with history and physical examination, give him initial impression and plan.*
- **Ms. Albee. 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 it could be due to Diabetes mellitus-high blood sugar or over production of hormone from thyroid gland which is present in middle of neck. But it could be something else. So to confirm it I need to do some blood tests and also it is necessary to do breast and genital examination. These are pretty quick tests. Once we will have test results I will discuss treatment options with you. I would also like to see you after two weeks to see how you are doing.**
- **Do you have any questions?**
- *Not really.*
- Shake hands and leave the room.

SOAP Note

- **Subjective:**

- A 46 years old female, came to clinic with c/o unintentional weight loss of 20 lbs. in 6 months. It is associated with feeling of hot, occasional dry cough, increased appetite and polyuria. She went to china two months ago. She denied any fever, night sweats, Tb exposure, shortness of breath, chest pain, palpitations, swallowing difficulty, belly pain, nausea, vomiting, burning urination and changes in bowel movements. She enjoys things and has good mood and energy level and no significant changes in diet. She has more stress due to long working hours.
- **ROS:** negative except as above.

SOAP Note (Contd...)

- **PMH:** none
- **PSH:** Breast cyst removal 4 years ago.
- **Medications:** Multivitamins and calcium.
- **Allergy:** Pollen causes sneezing.
- **SH:** Smokes 4-5 cigarettes per day for 15 years, occasional alcohol drinker, no recreational drugs, works as a reporter.
- **Sexual history:** Currently sexually active with boyfriend only, had 3 male partners in 6 months, occasionally use condoms, no STDs in the past.
- **FH:** Father died due to lung Ca at 67 years.
- Mother died due to breast Ca at 54 years.

Physical Examination

- **Vitals:** WNL
- **General:** well oriented middle age female, sitting on the bed, without any acute distress.
- **HEENT:** PERRLA, EOMI, no pallor, icterus, no LAD, moist mm, good dentition, no thyromegaly.
- **RS:** CTA, no additional sounds.
- **CVS:** s1/s2 rrr, no murmur, rubs and gallops.
- **Abdomen:** Soft and non distended, non tender, no organomegaly, BS present.
- **Extremity:** no edema, bilateral pulse present.

Assessment and Plan

- **Assessment**

1. Diabetes Mellitus type 2
2. Hyperthyroidism
3. HIV infection
4. Tuberculosis
5. Malabsorption syndrome
6. Depression

- **Plan**

1. Breast examination, Pelvic and rectal examination
2. CBC with differential, CMP, HIV test, S. TSH, UA, Chest X-ray, HbA1c, AFB Sputum X 3
3. Mammogram and Pap smear
4. Referral to smoking cessation program
5. Follow up in 2 weeks
6. Patient education and counseling

Happy Reading