

COMPLEX LEVEL 2 PE EXAM FIRST ANTENATAL VISIT

Interview and physical examination

PATIENT DATA SHEET

- ⦿ **Patient Name** : Ms. Paula Kettering
- ⦿ **Clinical Settings** : Medicine Office
- ⦿ **CC** : A 26 years old female present with routine check up for pregnancy.

Vital Signs:

- ⦿ **Blood Pressure** : 130/78 mm Hg
- ⦿ **Respirations** : 12 per minute
- ⦿ **Temperature** : 97.8 °F
- ⦿ **Pulse** : 80 bpm, regular
- ⦿ **Height** : 65 inches
- ⦿ **Weight** : 162 lbs.
- ⦿ **BMI** : 27 kg/m²

KEY POINTS TO REMEMBER

- ◉ Pelvic exam and obstetric maneuvers are not allowed in examination.
- ◉ Always respect the dignity of the patient.
- ◉ Explain that sensitive information will remain confidential and it will be used only for medical purposes.
- ◉ General counseling as well as nutritional and pregnancy related specific counseling should always be done.

SUBJECTIVE

- ⦿ **Good morning Ms. Kettering, my name is Dr. Shaw. I am a physician in this hospital and I will take care of you today. So how are you today?**
- ⦿ **I am great doctor, thank you for asking. How are you ?**
- ⦿ **I am well, thank you. So what brings you to my office today?**
- ⦿ **I thought I would get myself checked doc, now that I am pregnant.**

SUBJECTIVE

- ◉ **Congratulations. When did you learn of this?**
- ◉ Thank you doc, I took a home pregnancy test 5 weeks ago and it was positive. I re-took it 2 wks later and it was positive again.
- ◉ **Well great. Is this your first pregnancy?**
- ◉ Yes it is, doctor.
- ◉ **You must be excited.**

SUBJECTIVE

- Yes doctor I am.
- Great. I am glad you came in. it is essential to take very good care of yourself and the coming baby too. I will help set up things for you for the entire pregnancy.
- Thank you.
- Sure, you are welcome. I will ask you some basic questions about your health and then we will run some basic tests.

SUBJECTIVE

- Okay.
- So are your periods regular?
- Yes.
- When was your last period?
- 2 months ago.
- Do you have any symptoms right now?
- No, but my breasts kinda feel heavy sometimes.

SUBJECTIVE

- ⦿ **I see. Have you gained weight in these 6-7 wks?**
- ⦿ **Yes, I am up by 4-6 lbs.**
- ⦿ **I see. Do you feel nauseated or have you thrown up recently?**
- ⦿ **I feel a little nauseous in the morning doc, but I guess that's normal.**
- ⦿ **Yes it is, with pregnancy.**

SUBJECTIVE

- ◉ **Have you noted any vaginal spotting ?**
- ◉ **No.**
- ◉ **Okay. Any other symptoms like itching or dry skin ?**
- ◉ **None.**

PAM HUGS FOSS

- ⦿ **That's great. Now let me ask you about your health in general, social habits and gynecological history. I assure you all sensitive information will be confidential and will be used only for medical purposes.**
- ⦿ **Sure, I understand that. You can ask me.**

PAM HUGS FOSS

- ◉ **Do you suffer from any medical problems?**
- ◉ **No doc.**
- ◉ **Are you on any medications including vitamin supplements, herbal or Chinese medicines?**
- ◉ **No.**
- ◉ **Are you allergic to any substance or medication?**
- ◉ **None that I know of.**

PAM HUGS FOSS

- ⦿ **Have you been hospitalized in the past?**
- ⦿ **No.**
- ⦿ **How have your bowel movements been?**
- ⦿ **They are fine.**
- ⦿ **How about urination any trouble with that?**
- ⦿ **No doc.**

PAM HUGS FOSS

- ⦿ **Have you been sleeping okay?**
- ⦿ **Yes.**
- ⦿ **You said your periods have been regular and this is your first pregnancy.**
- ⦿ **That is right.**
- ⦿ **How many days do they normally last?**
- ⦿ **4 to 5 days.**

PAM HUGS FOSS

- ◉ **What is your flow like?**
- ◉ **Its normal I guess. I use up a whole pack of 20 pads during a period.**
- ◉ **I see. Do you have any pain or bloating or discomfort during periods?**
- ◉ **No.**
- ◉ **Have you ever conceived or aborted before?**
- ◉ **No.**

PAM HUGS FOSS

- ◉ **How many sexual partners do you have?**
- ◉ Just my husband.
- ◉ **I see. Do you use protection ?**
- ◉ Yes we did but now we wanted a baby so we stopped for 2 months.
- ◉ **Okay. Has any one of you ever suffered a sexually transmitted infection?**
- ◉ No.

PAM HUGS FOSS

- ⦿ **Great. Do you smoke?**
- ⦿ No and I have never smoked.
- ⦿ **Do you drink alcohol ?**
- ⦿ Only on occasions.
- ⦿ **Have you ever used recreational drugs?**
- ⦿ Never.
- ⦿ **Great now let me wash my hands and examine you.**

OBJECTIVE

- ◉ Wash your hands.
- ◉ Drape the patient.
- ◉ Do a good general examination.
- ◉ Repeat BP in sitting and supine positions.
- ◉ Examine all systems.
- ◉ Look for pedal edema.
- ◉ Explains, offers and performs OMM if indicated.

CLOSURE: ASSESSMENT AND PLAN DISCUSSION

- ⦿ **Thank you for your cooperation Ms. Kettering.
Let me help you sit up.**
- ⦿ **Thank you.**
- ⦿ **Lets talk about what we should be doing over the
course of your pregnancy to take best care of
you and your coming baby.**
- ⦿ **Okay.**
- ⦿ **I will first explain how many visits you will need.**

CLOSURE: ASSESSMENT AND PLAN DISCUSSION

- Sure.
- Do you have an OBGYN or would you like me to find one for you?
- I have one.
- Great. During the first 3 months, I would like you to visit your OBGYN every month. Then every 2 wks over the next 3 months and during later pregnancy it would be weekly visits. As your due date approaches, he or she may ask you to visit more frequently as needed.
- Sure.

CLOSURE: ASSESSMENT AND PLAN DISCUSSION

- ⦿ Your BP was a little high today, but when I repeated measurements, it was closer to normal. But I would like to repeat this in a couple of weeks time to make sure everything is okay.
- ⦿ I see.
- ⦿ We would also do some basic labs today, to get a baseline measure of your body systems. Some of these will be repeated over your pregnancy to keep track of things.

CLOSURE: ASSESSMENT AND PLAN DISCUSSION

- Okay doctor. What kind of labs ?
- Just some blood work to make sure your systems are okay, especially glucose.
- I see. Any other tests ?
- Yes, although you already confirmed pregnancy, we would test your urine again for it. We will also check your urine for any infection as its common in pregnancy.
- Okay.

CLOSURE: ASSESSMENT AND PLAN DISCUSSION

- ◉ I would advise you to start taking a vitamin supplement and a folic acid pill every day. After these labs are back, we might start other supplements. Also I would set up your meeting with a nutritionist to ensure you know what are the right foods to eat in pregnancy.
- ◉ Thank you.
- ◉ We will do an ultrasound which is a picture of your tummy today. This will also be repeated later to see if the baby is doing okay.

CLOSURE: ASSESSMENT AND PLAN DISCUSSION

- Okay.
- Is there any question or concern at this time?
- No doc, thank you I really appreciate your advice.
- You are welcome. I will make calls to set up your appointments. I would also keep in touch with your OBGYN regularly. Please leave their contact information with my secretary.
- Sure, I will.
- Thank you. Take care.

ASSESSMENT AND PLAN

◎ Assessment :

1. Routine care of pregnancy (Antenatal check up)

◎ Plan :

1. P/V and pelvic examination
2. Prenatal vitamins including Folic acid and Iron
3. Beta-hCG urine test, CBC with differential, CMP, UA with microscopy, Blood group with Rh type, pap smear, tests for Syphilis, Hepatitis B, Chlamydia, HIV and TSH
4. Ultrasound abdomen
5. Referral to OB-GYN and Nutritionist
6. Follow-up in a month
7. Patient education and counseling

HAPPY READING