

# **COMLEX Level 2 PE Exam**

**A 52 years old male came to clinic for  
insurance check up**



# Patient Data Sheet

- **Patient Name** : Mr. Kevin Mullen
- **Clinical Settings** : Medicine Office
- **CC** : A 52 years old male present with routine insurance check up.

## ➤ **Vital Signs** :

- **Blood Pressure** : 122 / 80 mm Hg
- **Respirations** : 12 per minute
- **Temperature** : 98.6 °F
- **Pulse** : 80 bpm, regular
- **Height** : 68 inches
- **Weight** : 154 lbs.
- **BMI** : 23.4 kg/m<sup>2</sup>



# Differential Diagnoses

- In the case of Insurance check up, you can write “ Insurance check up”, If you find any positive clinical symptoms/signs you can write DD accordingly.
- You should also write any chronic problem if patient has, such as HTN, DM etc.



# Key points to remember before entering patient's room

- You should have patient's name, purpose of his visit and vitals.
- Please try to remember list of all possible questions to inquire about symptoms .
- The patient might give you form or it might be available outside for you to write your patient note .
- Make them comfortable.
- Always focused on preventive health.



# Position of the Patient

- The patient will be sitting on the bed or stool.



# How to make patient comfortable

- Address patient by his last name, shake hands and introduce yourself.
- Explain him what you are going to do in next 15 minutes.
- Offer help if they need during history taking and physical examination.
- Reassure him for any of his concerns/symptoms such as colonoscopy examination or Flu vaccine.



# Opening of the case

- **Mr. Mullen, Good morning, I am Dr. Kim, I am an attending physician in this hospital. (Shake hand ). Today I will take care of you. I came to know that you are here to get health insurance check up. For that, 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).**
- *Ok, Doc.*
- **Do you have any form with you to be filled out?**
- *Yes, doc, this is the form (It might be available outside).*
- **Thank you.**



# Subjective:

- **Now, you need to ask you questions about different systems.**
- **Do you have any chest pain? – No.**
- **Do you have any shortness of breath? – No.**
- **Do you have any headache? – No.**
- **Do you have any racing of your hearts? – No.**
- **Do you have cough?- No.**
- **Do you have fever?- No.**
- **Do you have any belly pain?- No.**

Contd...



## Subjective (Contd...)

- **Do you have any nausea/vomiting?**
- *No doc.*
- **How is your appetite?**
- *It's pretty good.*
- **Have you noticed any changes in weight?**
- *No doc, it's stable for a while.*
- **Is there any changes in your bowel movements?**
- *No.*
- **Have you noticed any changes in urination?**
- *No, it's good.*



# PMH

**(You should use transition sentence here.).**

- **Like, "Mr. Mullen now I would like to ask you few questions about your health in the past."**
- **Have you had any medical conditions, such as high blood pressure?**
- *Yes, I do, I regularly take atenolol 50 mg in the morning.*
- **Do you check your blood pressure regularly?**
- *Yes, I do. It's ranging around 120-80.*
- **Do you have high blood sugar? - No.**
- **Do you have high blood cholesterol? – No.**



# PSH

- **Have you had any surgery?**
- *I had appendix removal 20 years ago.*

## ➤ **Medications**

- **Apart from atenolol, do you take any other medications including over the counters medications(OTC)?**
- *I take multivitamins.*

## ➤ **Allergy**

- **Do you have any allergy?**
- *Yes, sulfa drugs that give me rash.*



# Social History

- **Use transition sentence**
- **Now, I would like to ask you few questions about your social habits.**
- **Do you smoke?**
- *Yes, doc, I smoke about 5 cigarettes a day.*
- **How long have you been smoking?**
- *For last 30 years.*
- **Mr. Mullen, are you aware of bad effects of smoking on your health?**
- *Yes, doc, I know it is not good for my heart and lung.*      *Contd...*



## Social History (Contd...)

- **I am glad that you are aware of it. It can cause serious lung and heart diseases and many other health problems. Have you ever consider to quit?**
- Doc, I would like to try but I am afraid to do it.
- **Mr. Mullen, I know it is difficult but help is available for you. We have very good smoking cessation program and counselors to guide you. You can also join support group to keep you motivated. I can prescribe you nicotine patch, gums or lozenges to help you minimize your craving.**



## Social History (Contd...)

- I will definitely join it.
- **I appreciate your determination.**
- **Do you drink alcohol?**
- *Yes.*
- **How many drinks do you drink?**
- *I drinks about 1-2 drinks over weekend.*
- **Do you take any recreational drugs?**
- *No.*



# Sexual History

- **Mr. Mullen, Now I would like to ask you few personal questions. I assure you that all information will be kept confidential.**
- **Are you sexually active?**
- *Yes, with my wife only.*
- **What kind of work do you do?**
- *I am a branch manager at bank.*



# Family History

- **Now, I would like to ask you few questions about health of your family members.**
- **Does any body in your family have major medical problem?**
- *Yes, my father has enlarged prostate, high blood pressure and my mother had colon cancer.*
- **I am sorry to hear that.**



# Preventive Health (You should ask these questions)

- **Have you had flu vaccine this season?**
- *Yes, I had.*
- **I would like to tell you that after 50 years of age, you should be screened for Colon cancer and have specific blood test for prostate gland.**
- **Have you had these screening tests?**
- *No doc, but I will think over it.*
- **If you have any questions about it, feel free to ask me.**
- *Sure, I will.*



# Summarization Of History in 2-3 sentences

- **(Now, you are done with history. It's time to summarize main pertinent points.)**
- **Mr. Mullen, Thank you, I am done with history, let me summarize for you.**
- **You are here for insurance check up and you do not have any significant symptoms, you have high blood pressure that is very well controlled.**



# Challenging Question

- **Do you have any question?**
- *Yes, I am thinking to get colonoscopy. Will it be covered by my insurance?*
- **Mr. Mullen, I am happy to know that you are thinking to getting it. We have very helpful and dedicated social worker that will help you in this matter. Once we are done, I will introduce you to him. Is that fine?**
- *Ok 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.
- Explains, offers and performs OMM if indicated.
- Explain him need for prostate examination (DRE-digital rectal examination)
- Explains, offers and performs OMM if indicated.



# Physical Examination

- **Mr. Mullen, Now I would like to examine you.**
- **May I start it?**
- *Sure, doc.*

## General examination

- HEENT – Look for icterus, pallor, Lymphadenopathy.
- RS – Inspection, auscultation, palpation.
- CVS - auscultation .
- Abdomen – Inspection, auscultation, palpation.
- Extremities – any edema and check for pulse.



# How to finish case

- **Here you will finish case a bit differently. You can say.**
- **Mr. Mullen, thank you for your co-operation. I am done with physical examination. I will fill out the form that you have with you. It will be sent to your health insurance company or you can pick it up. If you have any questions regarding it, feel free to ask me.**
- *Sure, doc, I will.*
- **Shake hands and leave the room.**



# Assessment and Plan

- **Assessment:**

1. Well controlled HTN
2. Smoking cessation
3. Routine health maintenance check up

- **Plan:**

1. Continue Atenolol 50 mg PO daily, Nicotine patch daily for 10 weeks
2. CBC, BMP, Lipid profile, PSA, DRE
3. Join Smoking cessation program and support group, Colonoscopy, Vaccination – flu vaccine and Pneumococcal
4. Patient education about regular exercise and low salt diet
5. Follow up in 2 weeks for smoking cessation



**Happy Reading**