

COMLEX Level 2 PE Exam

A 45 years old man came to clinic because of his weight issues



Patient Data Sheet

- **Patient Name** : Mr. Thomas George
- **Clinical Settings** : Family Medicine Office
- **CC** : A 45 years old man presents with desire to lose weight.

Vital Signs :

- **Blood Pressure** : 142 / 88 mm Hg
- **Respirations** : 14 per minute
- **Temperature** : 99.0 °F
- **Pulse** : 90 bpm, regular
- **Height** : 69 inches
- **Weight** : 300 lbs.
- **BMI** : 44.3 kg/m²

Key points to remember

- Door information.
- Weight, height, BMI, Dietary information, Lifestyle.
- Other risk factors for heart disease e.g. ethnicity, smoking, DM, hypercholesterolemia, positive family history, etc.
- History suggestive of Sleep apnea.
- History suggestive of early osteoarthritis changes.

Side effects of obesity

- Hypertension
- Hypercholesterolemia
- Diabetes mellitus type 2
- Coronary heart disease
- Sleep apnea
- Colon CA and Breast CA

Contd...

Side effects of obesity (Contd...)

- Cholecystitis
- GERD
- Fatty liver
- Osteoarthritis
- Gout
- Psychological and emotional side effects

Subjective

- **Good morning Mr. George. My name is Dr. Tello. I am a physician in this hospital. What brings you to the office today ?**
- *Hi doc. Its my weight. I just cant get any weight off. I cant keep it off if I manage to lose some. I need to do something about it. Its becoming an embarrassment for me.*

Contd...

Subjective (Contd...)

- **I understand your concerns, Mr. George. Lets talk more about your problems.**
- *Sure doc.*
- **So what is your weight currently ?**
- *Its 300 pounds doctor.*
- **And what is your height ?**
- *I am 5 feet 9 inches.*

Subjective (Contd...)

- **So that means your BMI or ratio of weight to height in cm squared is around 45 (44.3).**
- **A normal BMI is between 18.5-24.5. Between 25-29.9 we call it over weight. Above 30 is obese. Yours is above 40, which makes you morbidly obese.**
- **How long have you been on this weight ?**
- *About 4 yrs now doc.*

Subjective (Contd...)

- **I see. What is it about your weight that bothers you the most ?**
- *I feel embarrassed. All my friends are in good shape. I cant do work properly. I cant find clothes of my size easily. I cannot be active. I cant do things with my family and friends that others can. I feel I am being given the short end of the stick everywhere.*
- **I understand, Mr. George. It is indeed a difficult situation for you. I am glad you chose to get help and came in. We will help you with it.**

Subjective (Contd...)

- *Thank you doctor.*
- **So when you felt your best, few years ago, how much did you weigh ?**
- *Doc I was 180 pounds in college. I was active.*
- **I see. And that was how many years ago ?**
- *About 12 yrs ago.*
- **So you have gained 120 lbs. in 12 yrs, that is 10 lbs. every year ?**
- *I guess so doc.*

Subjective (Contd...)

- **That is a lot of wt. gain, Mr. George.**
- **Has your appetite increased ?**
- *Yes doc, I cant control myself when I see any food that I like.*
- **I see. What about your lifestyle ?**
- *Well as one starts working, you are left with little time for activity. I tried joining a gym but couldn't find time for it.*
- **I understand. What kind of work do you do ?**

Subjective (Contd...)

- *I am a bank official, I work long hours and hardly get any activity. My wife is very upset.*
- **I see. Yes I can understand she is upset.**
- **So on a typical day what do you eat , Mr. George ?**
- *Well doc I have to admit, all things that you don't like to hear. I start with 2 bacon sandwiches and coffee. I have pasta for lunch most days. I eat pizzas or subs or things like that for dinner. I snack often in between. I drink 4-5 sodas any given day. And 3-4 cups of coffee with cream every day.*

Subjective (Contd...)

- **Yes, that is indeed a lot of food with lots of calorie. I am glad you have the realization. When you know the problem, its easier to deal with. So you have taken the first step yourself by finding out what is wrong.**
- *Yes doc, I m sick of it. I want some relief and want it quick.*
- **I can understand your frustration, Mr. George. Be assured I will do my best to help you with this. We will work on it together.**

Subjective (Contd...)

- **So do you ever have chest pain ?**
- *No doc.*
- **Do you get short of breath ?**
- *Yes doc, I can hardly walk up 3 or 4 stairs. Sometimes even while walking at home, I get short winded.*
- **I see. Part of it might be from your obesity.**
- *I too believe so doc.*

Subjective (Contd...)

- **How many hours do you usually sleep at night ?**
- *About 6 or 7.*
- **Do you feel sleepy in daytime?**
- *Yes.*
- **Do you snore at night ?**
- *Yes sometimes.*
- **Do you yawn a lot, feel distracted, feel like napping at work ?**
- *Yes doc, I feel bad about myself.*

Subjective (Contd...)

- **I see. Mr. George, these all might be signs of sleep apnea. Which is also related to your obesity. Your airway gets narrowed down and because of that you don't get enough oxygen in your lungs at night.**
- *I see doc. Do we have treatment for it ?*
- **Yes we do. Part of the treatment is losing weight and there are other treatments too. People get treated satisfactorily.**
- *Thanks doc, that is good to know.*

Subjective (Contd...)

- *Doc, do you think I need surgery for obesity.*
- **Well, we will try by diet and exercise first. We might use some medications. Only after all medical treatment has failed you should resort to surgery. Mr. George, surgery has its own complications. Its only a one time fix. I would encourage you to change your lifestyle instead of going for surgery.**
- **That way you will feel better. If you achieve it on your own, you feel a sense of achievement of goals.**
- *Yes doc, sure.*

Subjective (Contd...)

- **Do you have any knee or hip pain?**
- *No doc.*
- **Okay great. Now lets go over your other medical history and habits.**
- *Sure doc.*

PAM HUGS FOSS

- **Do you have any medical problems aside from obesity ?**
- *I have high BP. Other than that I don't think I have any.*
- **Do you take medication for it ?**
- *Yes only a water pill. But its still high. My doc said part of it is because of my weight.*
- Well I am afraid he's right.

Contd...

PAM HUGS FOSS (Contd...)

- **Part of it is from your overweight as your heart has to work extra hard. If you lose even 10-20 pounds, the medication will work better and your BP will be controlled better.**
- *I see.*
- **Okay when was the last time you got your blood sugar and cholesterol checked ?**
- *Doc I haven't had it checked for sometime. I am afraid the numbers will be all wrong.*

PAM HUGS FOSS (Contd...)

- **I understand. But Mr. George, we need to know those numbers. No matter how off they are.**
- **If we know them, we would know how much work we have to do, what our goals are and how fast we can achieve them. We need them to make realistic plans for your health.**
- *Sure doc, I understand.*

PAM HUGS FOSS (Contd...)

- **So as part of your work up, we will have those tests done this time. Do you agree ?**
- *Yes doc I agree.*
- **Very good, Mr. George. coming back to your medical history. Are you allergic to any medication or substance?**
- *No.*
- **Have you been hospitalized in the past ?**
- *Only for an appendectomy as a teenager.*

PAM HUGS FOSS (Contd...)

- **Okay. Apart from that any surgeries?**
- *None.*
- **How are your bowel movements ?**
- *They are ok. I go every day.*
- **Okay. How about bladder?**
- *That's also fine doc.*
- **Good. Do you have any history of medical problems in your family ?**
- *My father had blood pressure. Mother is fine.*

PAM HUGS FOSS (Contd...)

- **Do you smoke ?**
- *No not now. I used to until 5-6 years ago. Now I don't.*
- **I am glad to know you gave up smoking. It could have added to your risks of heart disease.**
- *Thank you doc.*
- **Do you drink alcohol ?**
- *Only 2 drinks of beers on weekend.*

PAM HUGS FOSS (Contd...)

- **Do you use recreational drugs ?**
- *No.*
- **Okay Mr. George. Thank you for all the information. Now let me wash my hands and examine you.**
- **Once I m done seeing you, we will go over what tests need to be done and how we plan to help you take care of your obesity.**
- *Sure doc.*

Physical Examination

- Wash your hands.
- Drape the patient.
- Do a complete examination.
- Clinically assess skin fold thickness at nape, arms and thighs. Look for intertriginous fungal infections.
- Explains, offers and performs OMM if indicated.

Counselling

- **Thank you for your cooperation, Mr. George.**
- **Let us talk about our further plans now.**
- *Sure doc.*
- **So Mr. George, you are here for obesity evaluation. You have taken the first step by coming here. I appreciate that. Now we will work together on the next steps. We will get you there, slowly but surely.**
- *Thank you doctor.*

Counselling (Contd...)

- **So what is your goal weight Mr. George ?**
- *I think something like 170-180 lbs.*
- **Ok great . You want to go back to your college size.**
- *Yes doc. I would love to.*
- **Okay. In how much time do you plan to lose 120 pounds ?**
- *I think over 2 years.*
- **So that means nearly 5 pounds a month.**
- *I guess so doc.*

Counselling (Contd...)

- **I think that's reasonable, but lets first see how much you can lose in the first 2 or 3 months. Then we might revise our time line. If you are careful enough about your diet, and exercise the way we suggest, its possible. It is lot of hard work, but you can do it.**
- *Thanks doc, I really want to.*
- **Sure. You sound motivated enough. That's the first step. If you are committed to your goal, you can achieve it.**

Counselling (Contd...)

- *Thanks doc. So do you think I should start with this goal ?*
- **I think you should start with something lower for the first 2 or 3 months. The initial months will just be to get your body used to exercise.**
- **You might have aches and pains. But don't give up exercise. You might get short of breath, may not be able to tolerate much exercise.**

Counselling (Contd...)

- **Keep doing as much as you can. We should go step by step, slowly and maintain it each time.**
- *Sure doc makes sense.*
- **I think for the first month you should aim at losing 2 or 3 pounds. And just keeping it that way. If you can successfully do that for the next couple of months, we will set your goals higher. How about that ?**
- *Sounds reasonable doc.*

Counselling (Contd...)

- **Then after a months, we will meet again to see how you are doing. Then we can revise the plan, according to how well or badly you might be doing.**
- *Sure doc.*
- **We will also repeat basic measurements like blood pressure, heart rate, blood sugar, cholesterol and lipid profile. We will see how they have improved.**
- *Okay that sounds nice doc.*

Counselling (Contd...)

- **I would encourage you to make an appointment with our nutritionist and dietitian here. They will help you make a plan for your diet. I will also refer you to weight management program.**
- *Sure doc, I will see them.*
- **I would also encourage you to find a partner for the activity, that would keep you boosted up.**
- **Doesn't have to be a very heavy exercise or difficult task. It can be brisk walking. If any friend or family member joins you, you will feel even more motivated.**
- *Sure doc.*

Counselling (Contd...)

- **I would encourage that you to find an activity that can fit in your schedule and you can do for at least 30 mins for 5 days a week.**
- *Sure doc.*
- **Something like a brisk walk or may be swimming, if you like that. You could join a fitness center, if you prefer.**
- *Sure doc, I think I will join a fitness club.*
- **Great!**

Counselling (Contd...)

- **I am glad you are excited about losing weight and preserving your health. Half the battle is the willingness to do it. I am proud that you have that.**
- *Thank you doc.*
- **I would also suggest that you maintain a diary and be honest with yourself. Whatever you eat, whenever, note it down. Also note down your physical activity.**

Counselling (Contd...)

- **You may share it with the nutritionist or dietitian, or with me. If you don't feel comfortable, you can keep it to yourself. But at least you will have an image of what you are doing.**
- *Sure doc, I understand.*
- **Another thing as a physician I would like to say is please do try to cut down on your alcohol intake.**

Counselling (Contd...)

- **I know its not a whole lot, but it can just add to your risk of liver diseases and fatty liver.**
- *Okay doc.*
- **Do you have any questions or concerns at this time ?**
- *No doc, I am all set.*
- **Great. I wish you all the luck and I hope our plans succeed.**
- *Thank you doctor.*

Counselling (Contd...)

- **I would provide you with pamphlets on weight reduction.**
- *Thanks doc.*
- **Great. Once we have the results, I will call you. we will keep meeting periodically and review your successes and shortcomings. You can feel free to call me with questions at any point.**
- *Thanks doc.*
- **Good luck again. Take care. We will meet again.**

Assessment and Plan

- **Assessment:**

1. Morbid obesity
2. Hypertension

- **Plan:**

1. Regular exercise and calorie controlled diet
2. Referral to Dietitian and Weight Management Program, Cont. HCTZ 25 mg daily and add Lisinopril 10 mg daily
3. CBC, CMP, Oral glucose tolerance test, HbA1c, Fasting lipid profile, Sleep study for evaluation of sleep apnea
4. Patient counseling and education
5. Follow up in a month



Happy Reading