



# **COMLEX Level 2 PE Exam**

**A 32 year old male came to clinic with c/o  
diarrhea**

# Patient Data Sheet

- **Patient Name** : Mr. Joe Brandi
- **Clinical Settings** : Medicine Office
- **CC** : A 32 year old male presents with diarrhea.
- **Vital Signs** :
  - **Blood Pressure** : 112 / 68 mm Hg
  - **Respirations** : 14 per minute
  - **Temperature** : 99.0 °F
  - **Pulse** : 80 bpm, regular
  - **Height** : 71 inches
  - **Weight** : 157 lbs.
  - **BMI** : 21.9 kg/m<sup>2</sup>



# Differential diagnoses

- Traveler's diarrhea.
- Infectious diarrhea e.g. salmonella, Shigella, campylobacter, etc.
- Lactose intolerance.
- Inflammatory bowel disease e.g. Crohn's disease, Ulcerative colitis.
- Pseudo membranous colitis.

# Subjective

- **Good afternoon, Mr. Brandi. My name is Dr. Shah. I am a physician in this hospital. I will take care of you today. So what brings you to the hospital ?**
- *Hi doc, its these runs. I just cant stop going. I came back from a trip to China 3 days ago. For a week I have bad diarrhea. I feel very weak.*
- **I am sorry to hear that, Mr. Brandi. In the next 14 mins, I will ask you some questions to help me understand your condition better. Then I will briefly examine you. Then we will go over what might be the possible causes of your diarrhea. We will discuss all the tests that need to be done and the treatment plan. Does that sound right ?**

Contd..4



## Subjective (Contd...)

- *Yes doc.*
- **So , Mr. Brandi, this diarrhea started while you were still on your tour ?**
- *That's right doctor. I was still in China. I had 2 days to go in China and this started. At first, I ignored it, thinking that it was some local food that I was not tolerating well. Then I had to go often even in my flight. After coming here, I thought I would get better but it hasn't stopped now.*
- **How often do you have to go to pass stool in a day?**
- *About 5-6 times.*

## Subjective (Contd...)

- **I see. How much stools do you pass each time ?**
- *Not a whole lot doc, its much less than I would normally move if I had a regular bowel movement.*
- **I see. What is the color of the stools ?**
- *It's light yellow.*
- **Are they foul smelling ?**
- *No doc.*
- **Can you tell me consistency of it?**
- *Doc, it is semi-solid but sometimes it becomes watery.*



## Subjective (Contd...)

- **Have you noticed any blood mixed with the stools or have you passed any fresh blood in the pan ?**
- *No doc.*
- **Do you have a fever ?**
- *I did feel a little warm on the first couple of days. Not any more though.*
- **I see. Is there any particular food that worsens your diarrhea ?**
- *Probably milk and things that have milk.*
- **Do you have any nausea or vomiting?**
- *No doc.*

## Subjective (Contd...)

- **I see. Does your belly hurt ?**
- *Sometimes doc.*
- **How has your appetite been ?**
- *I eat normally, doc.*
- **Do you drink enough fluids ?**
- *I think so, doc.*
- **Did you seek any treatment for this diarrhea while you were in China ?**
- *Doc I did go to a local physician. He gave me some antibiotics. But I don't think it did any good.*



## Subjective (Contd...)

- **Have you noticed any changes in your urination?**
- *No doc, it's fine.*

# PAM HUGS FOSS

- **Okay Mr. Brandi. I will now like to go over your medical problems, medications and social habits.**
- *Sure doc.*
- **Do you have any medical problems ?**
- *No doc, I am a clean bill of health ! I am a very active person, I volunteer a lot, I go on hikes, I bike a lot. In fact I was in China as part of my volunteer group.*
- **I see. That is good to hear, Mr. Brandi. I do appreciate your good work.**
- *Thank you doctor.*



# PSH, Allergy and Hospitalizations

- **Have you had any surgeries in the past ?**
- *No doc.*
- **Do you take any medications at all, including over the counters, or any herbal preparations?**
- *No doc, I don't need to take medicines.*
- **Are you allergic to any medication or other substance ?**
- *Not to my knowledge, doc.*
- **Have you been hospitalized in the past ?**
- *No doc.*

# Social History

- **Okay sounds good. Let me ask you about your social habits now.**
- **Do you smoke ?**
- *I gave up 5 years ago. I used to smoke sometimes in college. Like a couple to three cigarettes a day. Not any more.*
- **That is very good, Mr. Brandi. Do you drink any alcohol ?**
- *Only socially, doc.*
- **Do you use any recreational drugs ?**
- *No doc, never did any of that stuff.*
- **Very good, Mr. Brandi.**



# Sexual History

- **I see. I will ask some sensitive questions now. Please be assured that all the information is confidential and only for medical purposes.**
- *Sure doc.*
- **Are you sexually active ?**
- *Yes doc, only with my girlfriend.*
- **Do you use protection ?**
- *Yes doc, we do.*
- **Did you have any unprotected intercourse during your trip ?**
- *No doc, my girl friend was with me and we used protection.*

# Family History

- **Does anyone in your family have any medical problems ?**
- *My father has high cholesterol, he had a heart attack couple of years ago. Mother had a breast lump removed last year. My brothers are both fine like me.*



# 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.
- Be gentle during physical examination.
- Explain importance of rectal examination.

# Objective

- **Thank you for all that information, Mr. Brandi. Now let me wash my hands and examine you.**
- **General:** Built, any distress.
- **HEENT** : look for pallor, icterus, hydration status-mucous membrane.
- **RS:** auscultation.
- **CVS:** auscultation.
- **Abdomen:** Inspection, Auscultation, Palpation.
- **Extremities:** look for edema, check peripheral pulse.
- Also explain importance of rectal exam.
- Explains, offers and performs OMM if indicated.



# Counseling and closure of case

- **Thank you for your cooperation Mr. Brandi. Now let me go over my impressions of your problem.**
- *Sure doc.*
- **So the first thing that comes to mind, given your history of recent travels outside the country, in a young healthy man like yourself, is traveler's diarrhea.**
- **It is very common when you travel abroad, especially to third world countries where the level of sanitation and hygiene is not up to our standards. It is easy to get infected by a bug called E. coli. This bug is usually present even in drinking water. But there are more and nastier bugs in other countries. So its likely you might have traveler's diarrhea.**

## Counseling and closure of case (Contd...)

- *Sure doc, my brother travelled to middle east last year and he had something similar, though it lasted only a couple of days.*
- **I see. I have other possibilities in mind too. It might be some other bugs, which are nastier than E.coli and the diarrhea lasts longer. Like giardia, Shigella, etc.**
- *I see doc.*
- **A third possibility is lactose intolerance. That you cannot tolerate milk or milk products.**
- *Well doc, my eldest brother has lactose intolerance.*
- **I see. Then this possibility definitely exists in your case.**
- *Sure doc, it would make sense if someone in the family has it.*



## Counseling and closure of case (Contd...)

- **Yes, I would keep this possibility in mind while ordering your tests.**
- *Sure doc.*
- **A last thing I would like to consider is something we call pseudo membranous colitis.**
- *What is that doc ?*
- **That is a diarrhea that is bit difficult to treat and requires antibiotic course. You were given some antibiotics while in China. I am not sure what you received, but may be they weren't appropriate or may be you were under treated. So that can cause some bugs to persist in your bowel and cause a resistant type of diarrhea. I would like to check for that as well.**
- *Sure doc.*

## Counseling and closure of case (Contd...)

- **For now, I would have samples of blood drawn and stool samples collected and sent to our labs here.**
- **I would advise you to avoid milk and milk products for some time now.**
- **Also please keep drinking enough fluids as you are losing lots of fluid due to diarrhea. I would give you some oral rehydration solutions too, which you can mix in water and keep drinking through the day.**
- *Thank you doctor. Do I need antibiotics ?*
- **Lets first wait for the results of the test. I would be in a better position to answer that question only after we get our labs back.**



## Counseling and closure of case (Contd...)

- *Sure doc. How long would it be ?*
- **They will be back by tomorrow morning. I will call you with the results and let you know if we need to change the treatment in any way. I would like to see you after three days.**
- *Sure doc. That would be great.*
- **Is there any other question or concern that I can answer at this time, Mr. Brandi ?**
- *No doc, I think you explained everything pretty well.*
- **Thank you. If you have any other questions please feel free to reach me. We will talk again once the labs are back.**
- *Thanks doc.*

# Assessment and Plan

## **Assessment:**

- 1.Traveler's diarrhea
- 2.Infectious diarrhea
- 3.Lactose intolerance
- 4.Giardiasis
- 5.Pseudo membranous colitis

## **Plan:**

- 1.Fluid Replacement: ORS, Ciprofloxacin 500 mg twice daily for two days
- 2.Per rectal examination, CBC with differential, CMP
- 3.Stool for CMP, Stool for ova and parasites, Hydrogen breath test
- 4.Admit to hospital if severe dehydration and start IV NS
- 5.Follow up in three days



**HAPPY READING**