

COMLEX Level 2 PE Exam

A 66 years old man comes to clinic for follow up of Hypertension and Diabetes

Patient Data Sheet

- **Patient Name:** Mr. Boyer
- **Clinical Settings:** Medicine Office
- **CC:** A 66 years old male comes to clinic for follow up of Hypertension and Diabetes.

➤ **Vital Signs:**

- **Blood Pressure** : 120 / 80 mm Hg
- **Respirations** : 12 per minute
- **Temperature** : 98.0 °F
- **Pulse** : 70 bpm, regular
- **Height** : 69 inches
- **Weight** : 195 lbs.
- **BMI** : 28.8 kg/m²

Key information to remember

- Door information.
- Risk factors for heart disease , in this patient HTN and DM-II.
- Ask for family history of Coronary heart disease, other risk factors like obesity, sedentary lifestyle, cigarette smoking, type A personality, stressful lifestyle, etc.

Subjective

- **Good morning, Mr. Boyer. My name is Dr. Workum. I am a physician in this hospital. What brings you to our clinic today ?**
- *Hello doctor. I came to get a refill for my medications.*
- **I see. Which medications are these?**
- *My blood pressure and diabetes medications.*

Contd...

Subjective (Contd...)

- **Okay. Do you have any complaints at this time ?**
- *No doctor, just came for my refill. It has been some time since I saw a doctor, so made an appointment.*
- **That is great ! You are taking good care of your health. I appreciate it.**
- *Thank you doctor.*

Subjective (Contd...)

- **How long have you been diabetic, Mr. Boyer ?**
- *4 years now, doctor.*
- **I see. And what medications do you take ?**
- *I take Metformin 750 mg once and Glipizide 5 mg once. My sugars are between 110 to 140 and my nurse practitioner is happy.*
- **That is good. They are good numbers certainly.**

Subjective (Contd...)

- **Do you take any insulin ?**
- *No my doctor says I don't need it..*
- **Okay great. Have you had a test called HgbA1c done recently ?**
- *I had it last year, doc. It was 6.9.*
- **Good. That is a good number, anything below 7 is great. I am happy you take good care and you remember all your numbers.**

Subjective (Contd...)

- **You said you are hypertensive as well. How long have you had hypertension ?**
- *About 20 years now, doctor. It runs in my family.*
- **I see. And what medications do you take for the blood pressure?**
- *I take a norvasc and zestril (Lisinopril). My BP stays between 120 to 130 and 70 to 80.*
- **Great. Those are great numbers too.**

Subjective (Contd...)

- **What is your current body weight ?**
- *I weigh 195 lbs.*
- **I see. Has your weight increased or decreased recently?**
- *No doctor, I have weighed this for about 1yr now. I used to be 220 lbs when I was diagnosed with diabetes. Then I started to work on my diet and exercise. I lost weight.*
- **That is wonderful. I really appreciate your taking such good care of your health. Your doctor must be happy with you.**
- *Yes he is.*

Subjective (Contd...)

- **Have you had your cholesterol checked recently ?**
- *Yes doc, they did it 5 months ago in the annual physical.*
- **Okay. How much was it ?**
- *I am sorry doc I don't remember the exact number. But it was normal, my doctor said nothing to worry about.*
- **That's okay, as long as your doctor said it was normal. I will pull up the chart and see the number.**

Subjective (Contd...)

- *Thank you doctor.*
- **How much do you exercise every day ?**
- *I go for walk every day doctor, including Sunday. I also do some yoga. I watch my diet carefully, I have given up all fatty food and rice. I eat only fruits during lunch.*
- **That is very good, excellent job. I really wish all of us would do that.**

Subjective (Contd...)

- **Do you have any problems with your vision?**
- *No doc.*
- **When was the last time you saw your eye doctor ?**
- *It was more than a year ago, my vision was hazy. He said its only because of age, and I might be developing cataract. He changed my reading glasses, after that I have been fine.*

Subjective (Contd...)

- **Okay good. Any problems urinating ?**
- *No doc, I m okay.*
- **Any tingling or numbness in your hands or feet ?**
- *No.*
- **Any trouble with balance ?**
- *No.*
- **Do you have any trouble with your bowel movements ?**
- *No doc.*

Subjective (Contd...)

- **Any trouble in sleeping ?**
- *No.*
- **Any chest pain or heaviness?**
- *No.*
- **Are you short of breath at all?**
- *No doc.*
- **Any sores or wounds that have not healed for a long time?**
- *None doc.*

Subjective (Contd...)

- **Okay. Any trouble with your feet ?**
- *No doc.*
- **When was the last time you saw a podiatrist, foot doctor ?**
- *I have never seen one. My doc checks my feet every time. I keep my feet clean and dry and take care of them.*
- **Excellent !**

PMH:

- **Okay now lets go over your medical problems, medication list and habits.**
- *Sure.*
- **Any other medical problems that you know of ?**
- *No doc.*
- **Are you taking any other medications apart from these ?**
- *No doc . These are the only ones I take.*

Allergy and PSH:

- **Are you allergic to any medication or substance ?**
- *I am allergic to dust and pollen, nothing else.*
- **I see. Have you been hospitalized in the past?**
- *No doc, never.*
- **Have you had any surgeries in the past ?**
- *I think just an appendix when I was a kid. That was long time ago. Nothing as an adult.*
- **Okay**

Social history:

- **Okay. Now lets go over your habits.**
- **Do you smoke ?**
- *No doc, I don't smoke, never smoked.*
- **Good for you . Keep it up**
- *Thank you doc.*
- **Do you drink alcohol?**
- *No.*
- **Do you use recreational drugs?**
- *Never.*
- **Great.**

Family History:

- **What medical problems are there in your family ?**
- *My father was a hypertensive. Mother was perfectly healthy, she just had some osteo arthritis when she was old, but other than that none. One of my brothers is a diabetic. But he takes good care of himself too.*
- **Okay that is good to know.**

Occupation:

- **What kind of work do you do ?**
- *I have my own business, these days I am semi retired as my sons see most of the work. I still help them with accounts and some decision making.*
- **I see that is nice.**
- *Yes doc, I spend more time in spiritual reading these days.*
- **Good to know that. Okay I will now wash my hands and examine you.**

Physical Examination:

- Wash your hands.
- Drape the patient.
- General and HEENT examination.
- Examine all systems.
- Examine the feet, check for peripheral pulses, sensation, vibration and pressure, 2 point discrimination, fine touch, mono-filament.
- Do the Get up and go test for gait, balance and co-ordination.
- Do ophthalmoscopy and check peripheral vision clinically.
- Explains, offers and performs OMM if indicated.

Closure: Assessment and Plan discussion

- **Excellent, Mr. Boyer. Thank you for your cooperation.**
- **You seem fit as a fiddle to me. You are taking great care of your body, sir. I must congratulate you on that.**
- *Thank you doctor.*
- **I will write out the prescriptions for your medications. Let us just repeat an Hgb A1c to know how it looks right now.**

Contd...

Closure: Assessment and Plan discussion (Contd...)

- **I would encourage you to keep taking good care of yourself like this.**
- **Keep up the good work with your diet and exercise programs, they help you a lot.**
- **Lets also repeat your metabolic panel and see the numbers.**
- **I would encourage you to see an eye doctor and podiatrist for routine follow up every year.**
- *Sure doc, as you say.*

Closure: Assessment and Plan discussion (Contd...)

- **I think that is pretty much it. You are a very sensible patient. I don't need to tell you anything else. Is there any question or concern that I can answer at this time for you ?**
- *No doc, I am all set.*
- **Great. You have a wonderful day. I will call you with results of your tests and see you in three months. It was nice to meet you.**
- Shake hands and leave.

Assessment and Plan

➤ **Assessment:**

1. DM-II follow up
2. HTN follow up
3. Routine Health Maintenance check up

➤ **Plan:**

1. Metformin 850 mg daily, Glipizide 5 mg daily, Norvasc 10 mg daily and Lisinopril 20 mg daily
2. CMP, HgbA1c, UA, Urine micro-albumin
3. Colonoscopy
4. Referral to Eye clinic, Podiatry clinic
5. Advised DM self management tools, Exercise, Low calorie diet
6. Follow up after three months

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Happy Reading