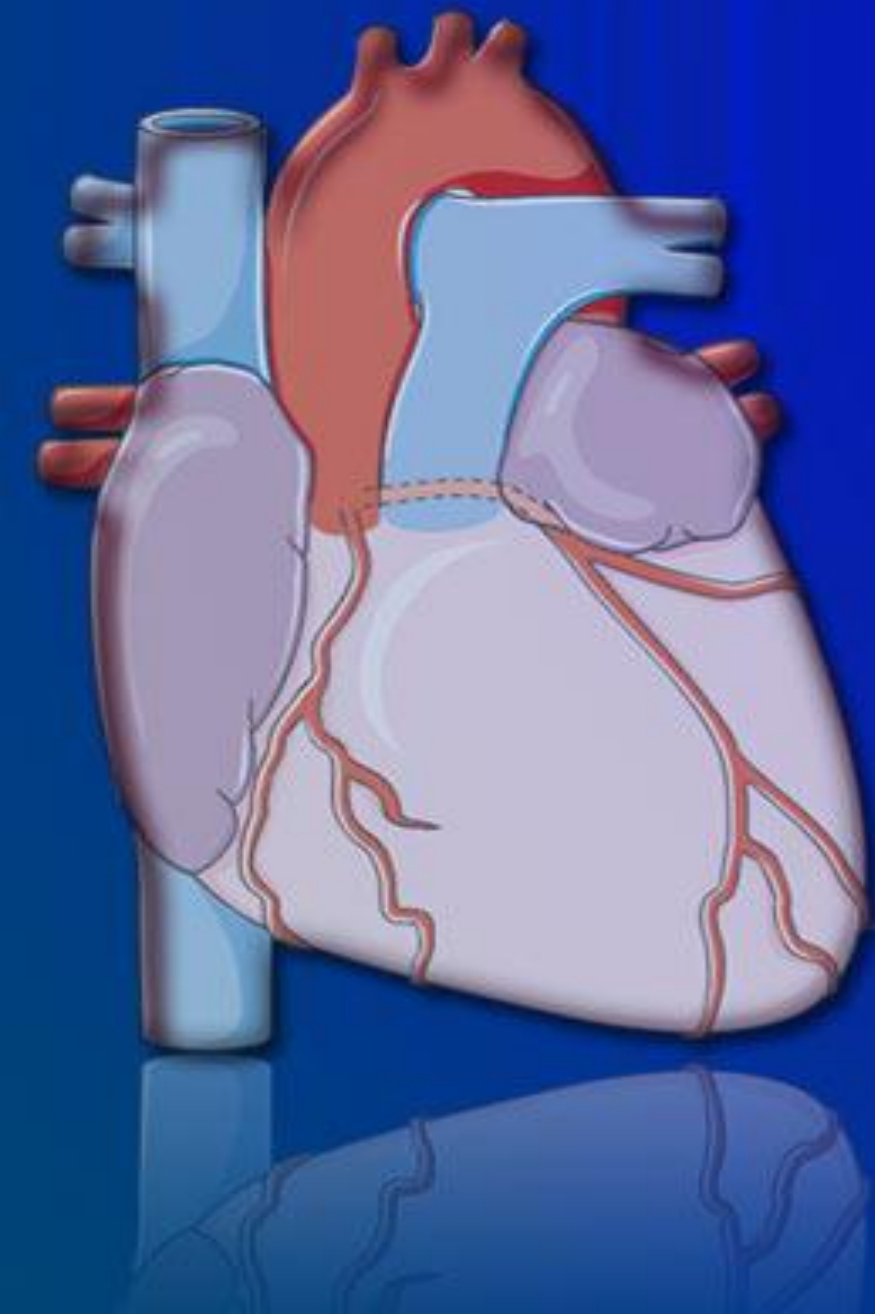


COMLEX Level 2 PE Exam

A 56 year old female came to clinic because her heart just wont stop beating out of the chest.

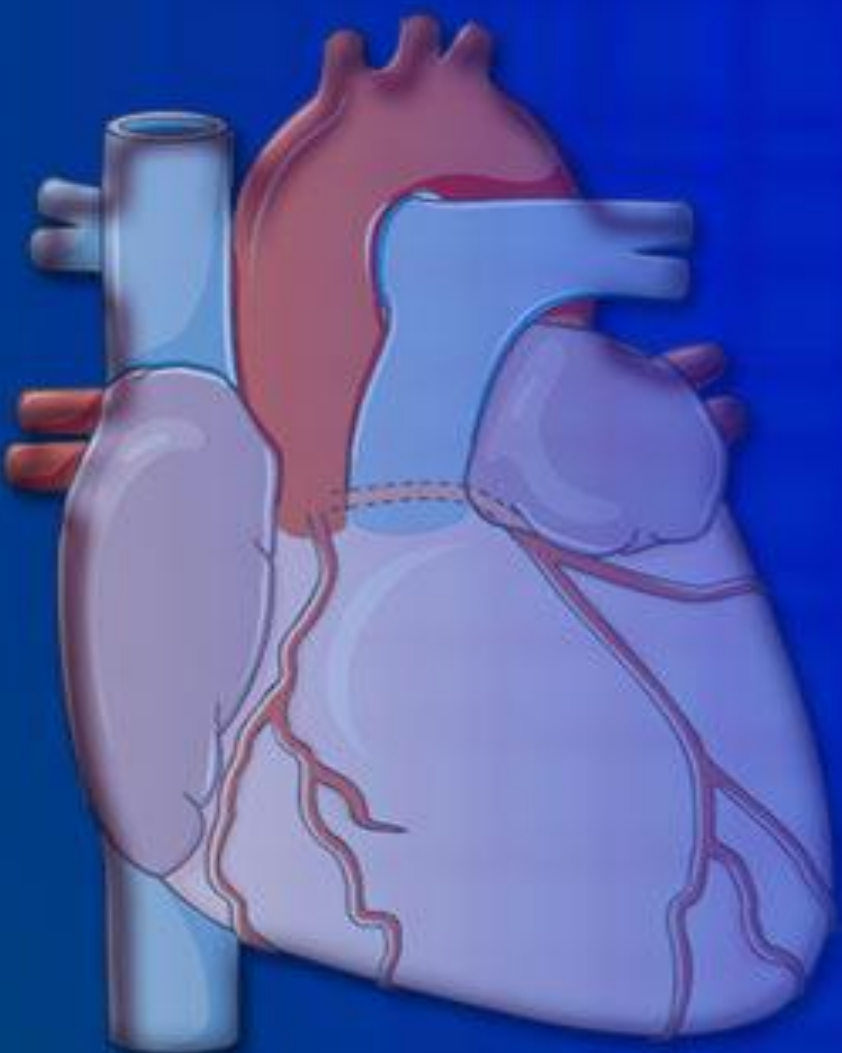


Patient Data Sheet

- **Patient Name** : Ms. Elaine McCormick
- **Clinical Settings** : Medicine Office
- **CC** : A 56 year old female presents with racing of the heart.

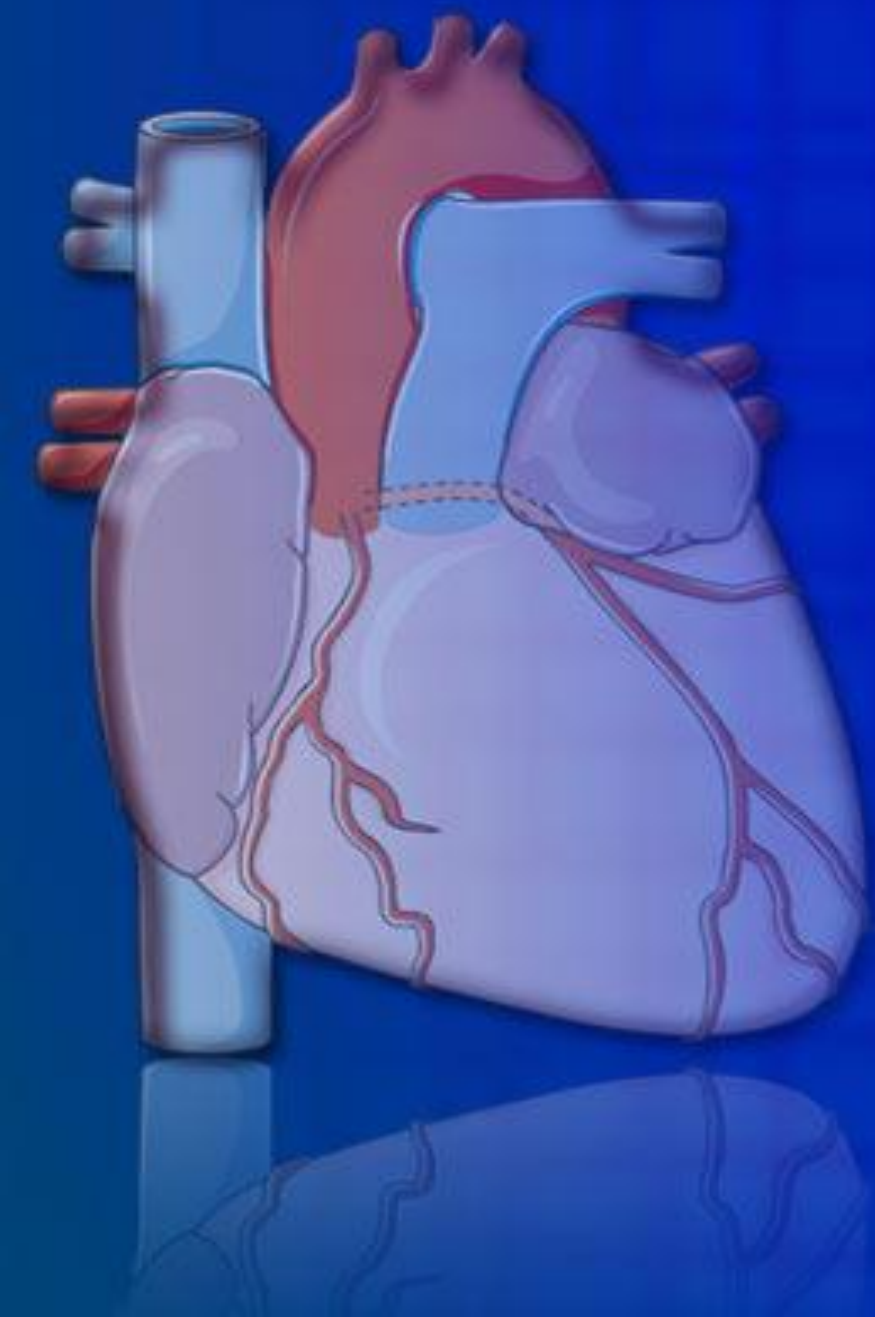
➤ **Vital Signs:**

- **Blood Pressure** : 120/78 mm Hg
- **Respirations** : 12 per minute
- **Temperature** : 98.2 °F
- **Pulse** : 130 bpm, regular
- **Height** : 66 inches
- **Weight** : 129.8 lbs.
- **BMI** : 20.9 kg/m²



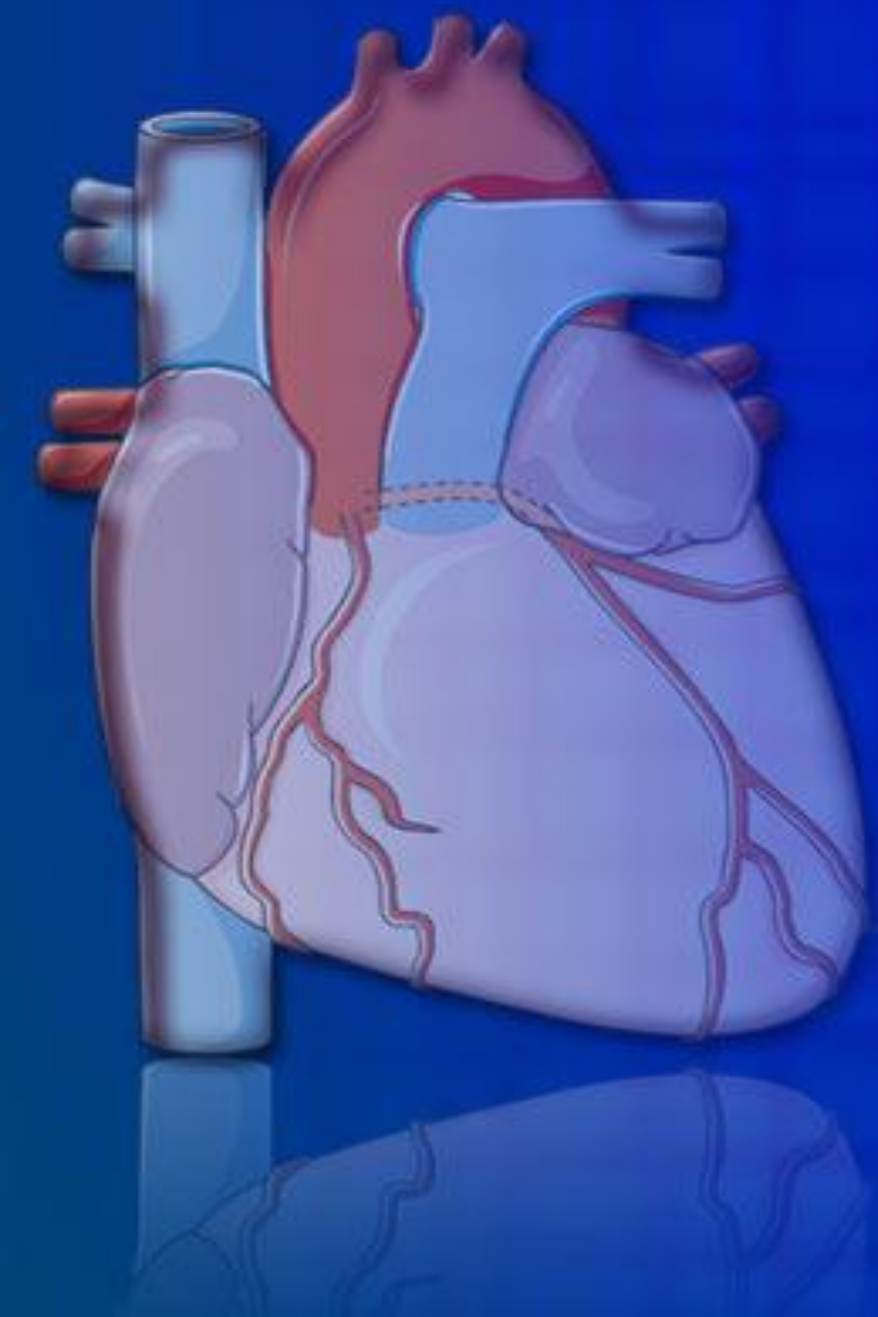
Differential Diagnosis

- Cardiac arrhythmia (Sinus tach, SVT, VT, etc.)
- Panic attack
- Hyperthyroidism
- Pheochromocytoma
- Hypoglycemia



Key Points

- Door information.
- DD for palpitations.
- Reassuring the patient.
- Ruling out psych causes.
- LOC, syncope if any point towards cardiac pathology.
- CV exam is primary, but good general exam and other systems is equally important for DD.
- Signs of hyperthyroidism must be looked for.



Subjective

- **Hi Ms. McCormick, my name is Dr. Malik. How are you today?**
- *Hi doc, not so good. I don't know what's going on (pt starts weeping).*
- **Reassure. offer tissues, let her finish weeping. Offer support.**
- **Oh I am sorry. What brings you to the hospital, please tell me more about it.**
- *My heart just wont stop beating doc, it beats so fast, it scares me.*

Contd...

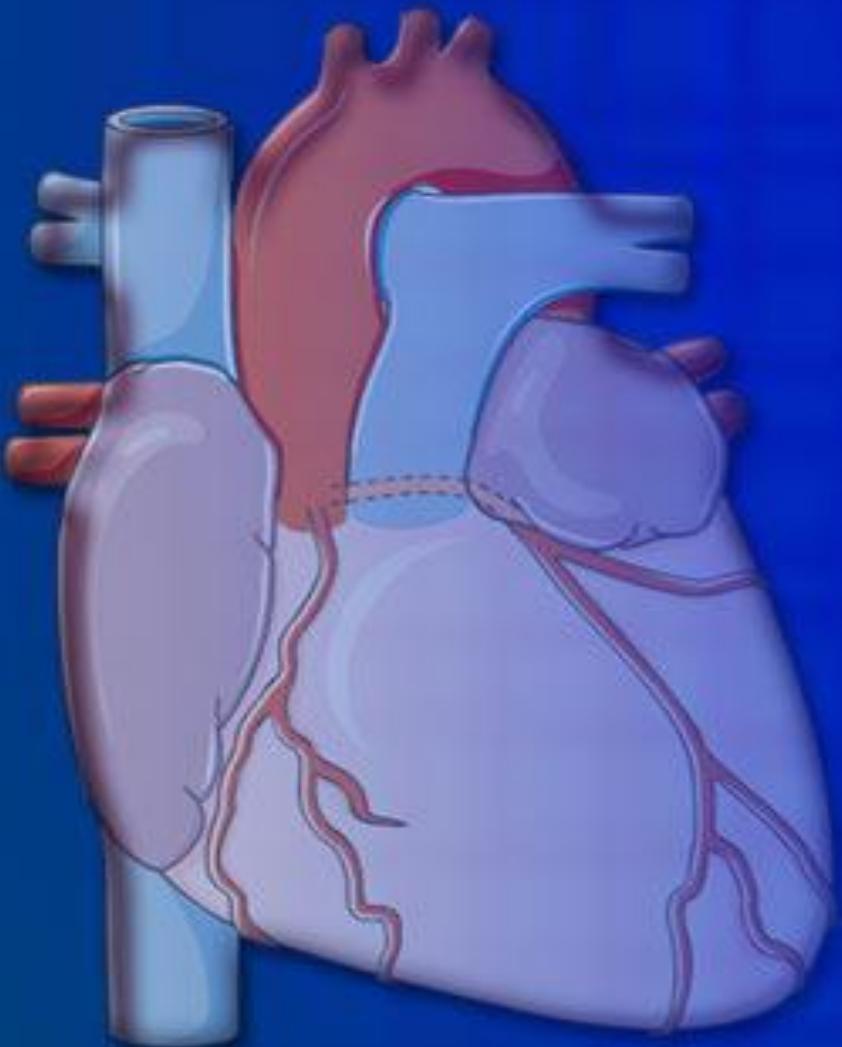


Subjective (Contd...)

- **I see. When did it start?**
- *Its been going on for a month now, doc. Most days I ignore it, but I haven't been able to sleep for a week now. Like some bomb ticking in there, I fear it will come out.*

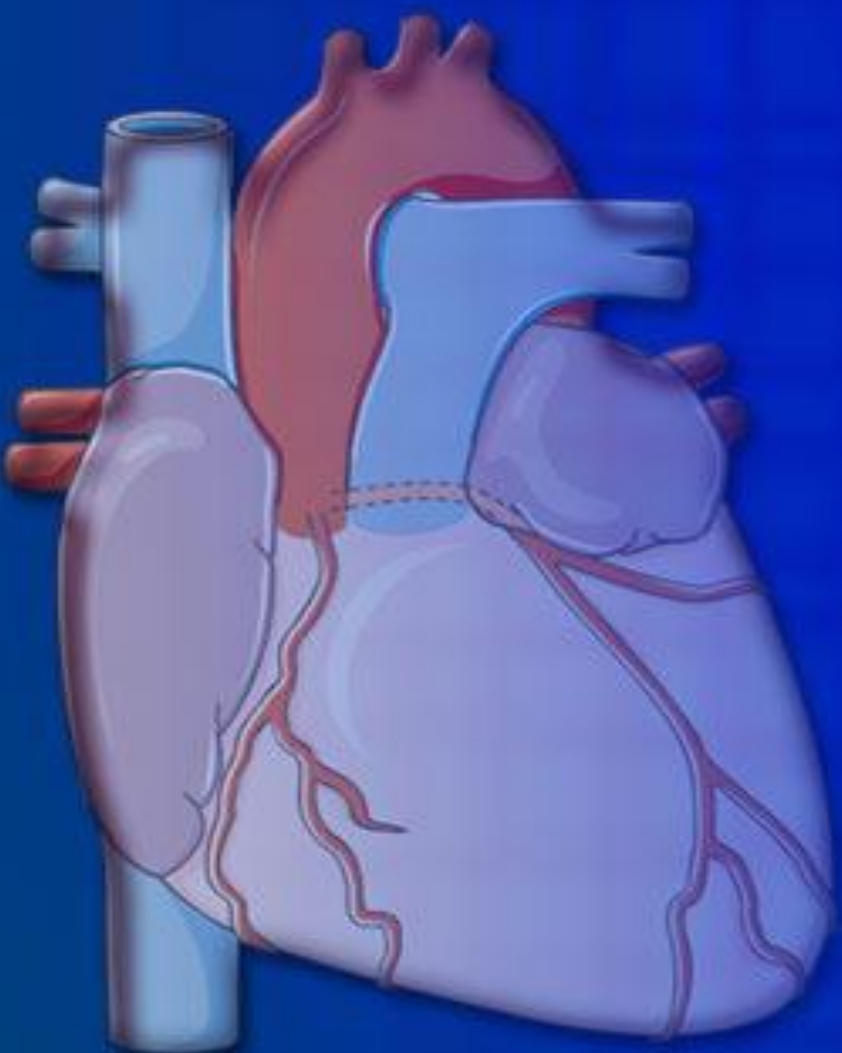
(Weeps again) Reassure.

- **I understand, Mrs. McCormick. Lets talk more about it, so I can figure what is going on. Then I will examine you. We may need some tests to confirm the diagnosis. Then I will be able to treat you. Sounds ok ?**
- *Nods her head.*
- **Great!**



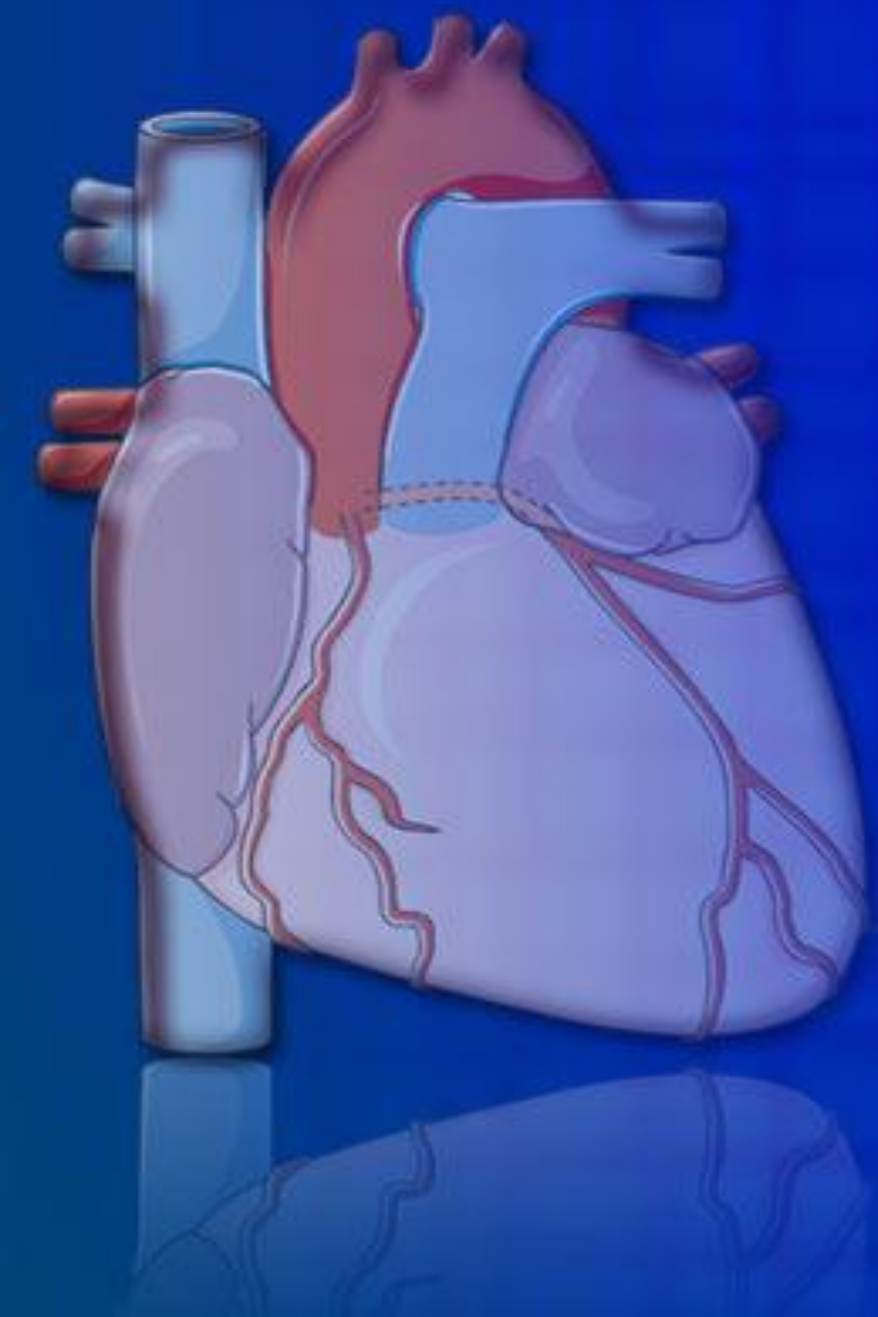
Subjective (Contd...)

- **So, Mrs. McCormick, have you ever counted your heartbeat how fast is it ?**
- *Doc I tried but its too fast for me, I would say about a 200 a minute. Could be more.*
- **I see, do you think its regular or irregular?**
- *I don't know doc. I would like to say regular.*
- **Okay. Is there anything that brings about your fast heart beat?**
- *I don't think so it just comes all of a sudden.*
- **How long does it last each time?**
- *A few seconds to a few minutes.*



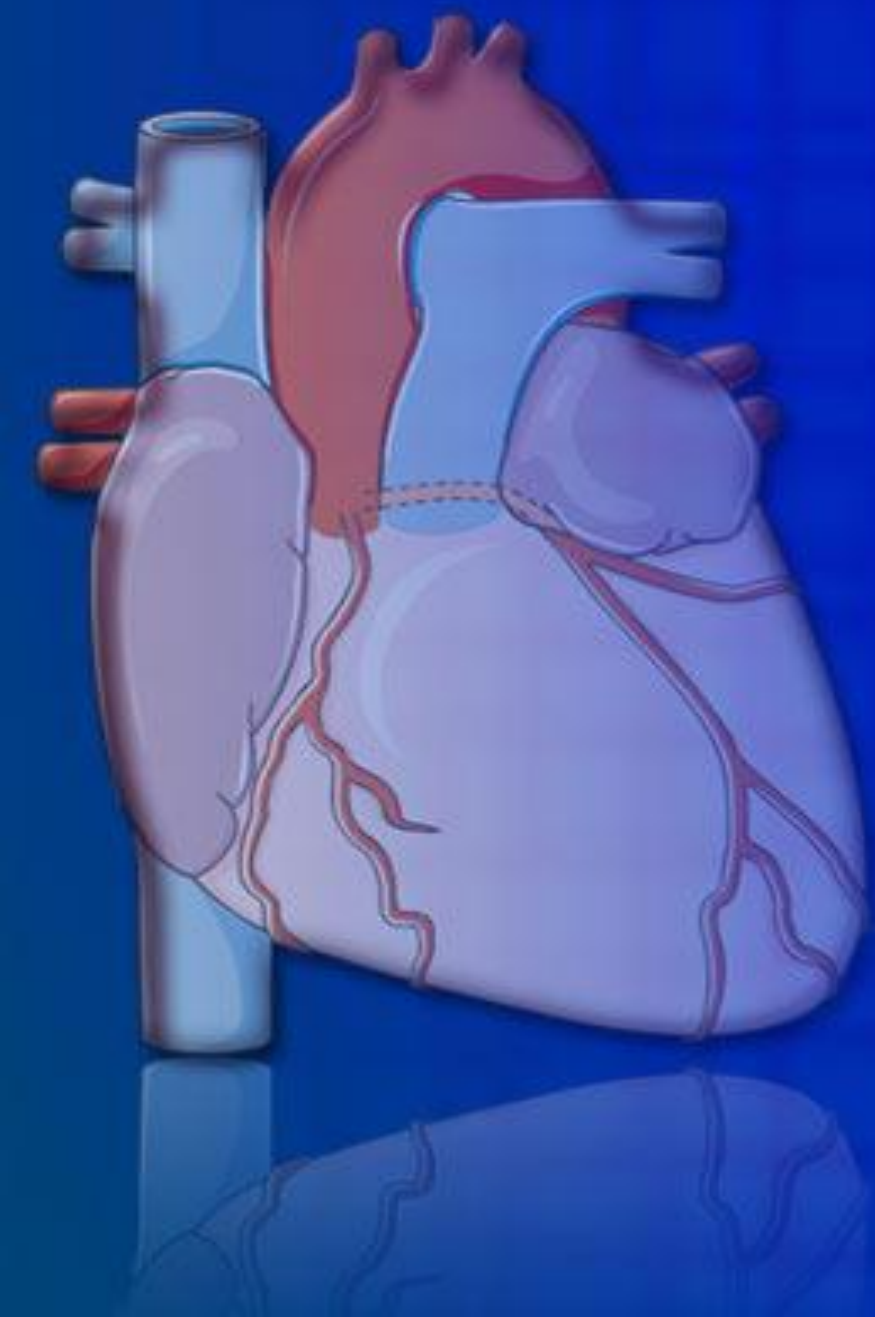
Subjective (Contd...)

- **Okay. Have you ever felt dizzy or passed out since this started?**
- *No doc.*
- **Ever had visual blackouts?**
- *No.*
- **Does your chest hurt or feel heavy at all?**
- *No doc.*
- **Have you been short winded during these attacks?**
- *Yes doc, sometimes I have a hard time getting breath in.*



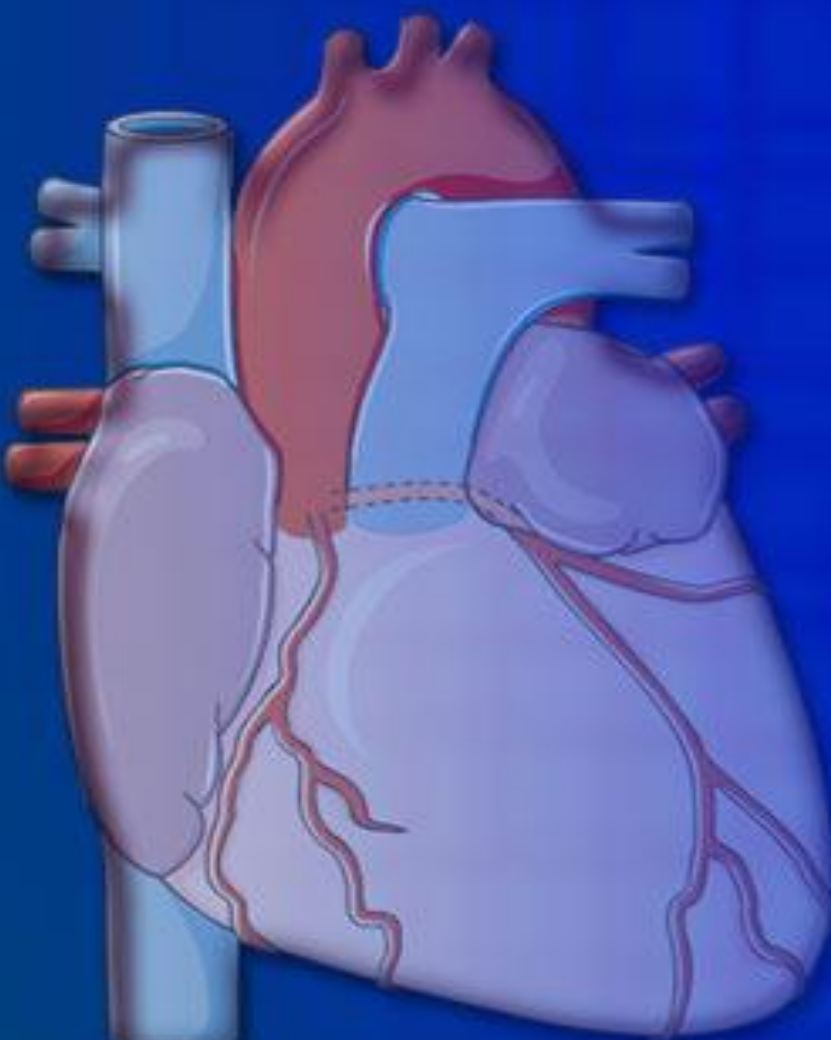
Subjective (Contd...)

- **Have you lost a lot of weight recently?**
 - *No doc.*
- **How is your appetite?**
 - *Its fine doc.*
- **How about your sleep?**
 - *This heartbeat keeps me up sometimes.*
- **Do you ever feel sweaty?**
 - *Sometimes doc, my palms get sweaty.*
- **Have you often missed meals before these attacks start?**
 - *No doc I don't think so.*



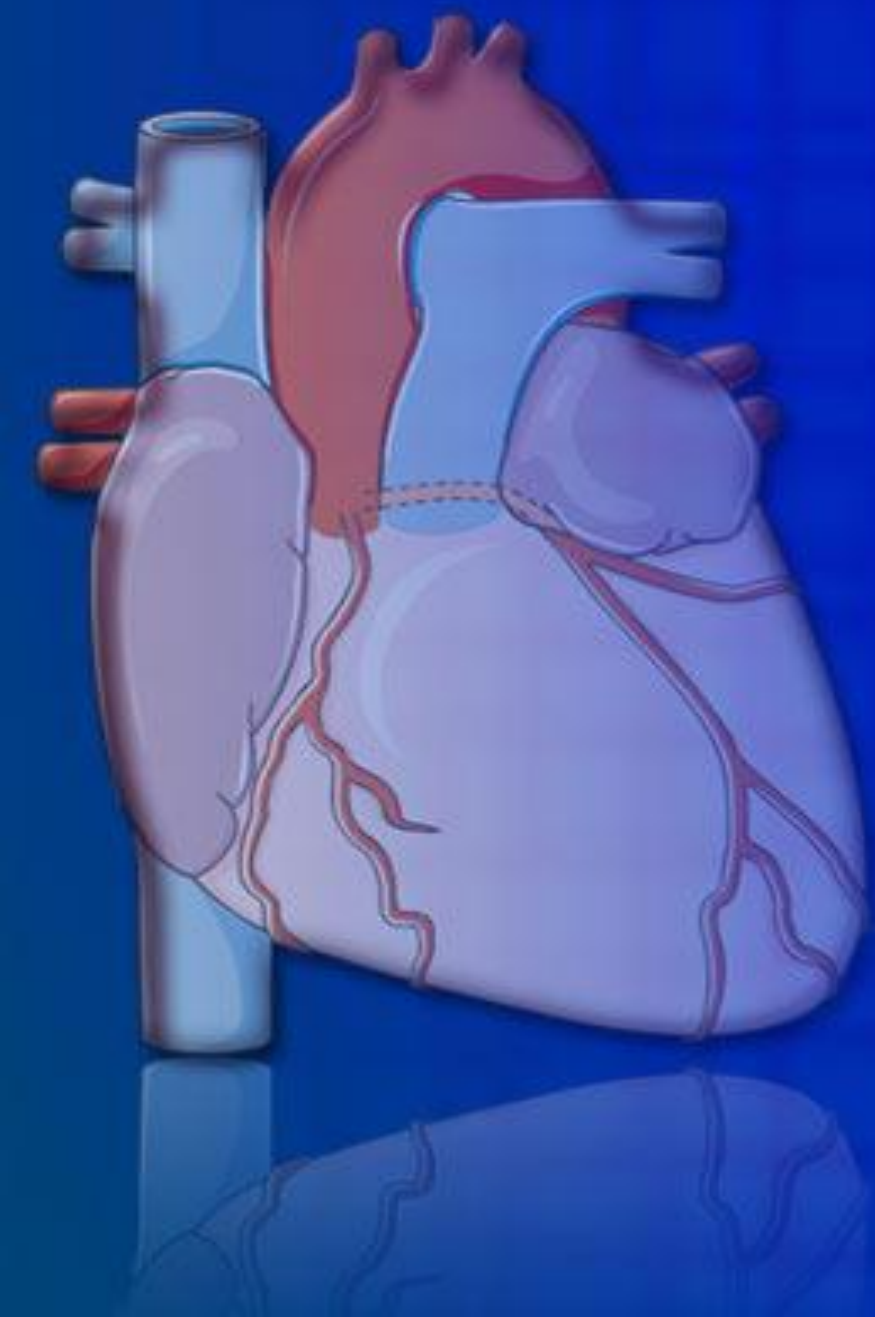
Subjective (Contd...)

- **Did anything major happen around the time this all started?**
- *No.*
- **Is there anything at home or work that might be bothering you?**
- *(Pt starts weeping again) Yes doc. My teenaged daughter just started dating. She stays out very late. I am afraid she might be in wrong company.*
- **I understand your concerns, Mrs. McCormick. would you like to talk more about this ? I assure you all information is confidential.**
- *No doc, I can't talk.*



Subjective (Contd...)

- **That is ok, if you wish to see someone and talk to a counselor, we can arrange that.**
- *Ok doc I will think about it.*



PAM HUGS FOSS

- **Okay Mrs. McCormick. I would now like to ask a few questions about your health in general , the meds you are on and your family's medical history.**

- *Okay doc.*

- **Do you have any medical problems?**

- *None that I know of doc.*

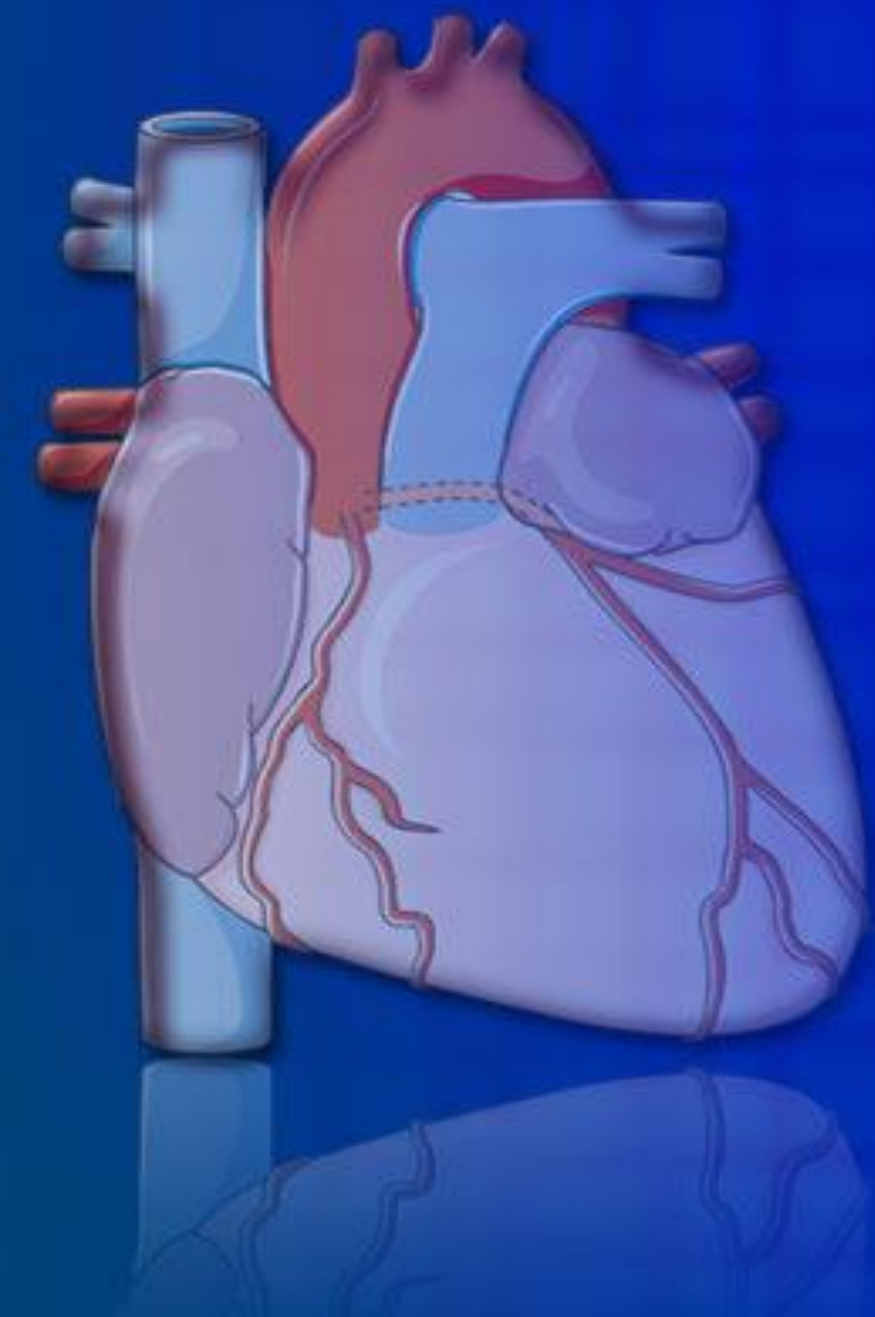
- **Are you on any medications right now, including OTC?**

- *No doc.*

- **Anything herbal or any other stuff?**

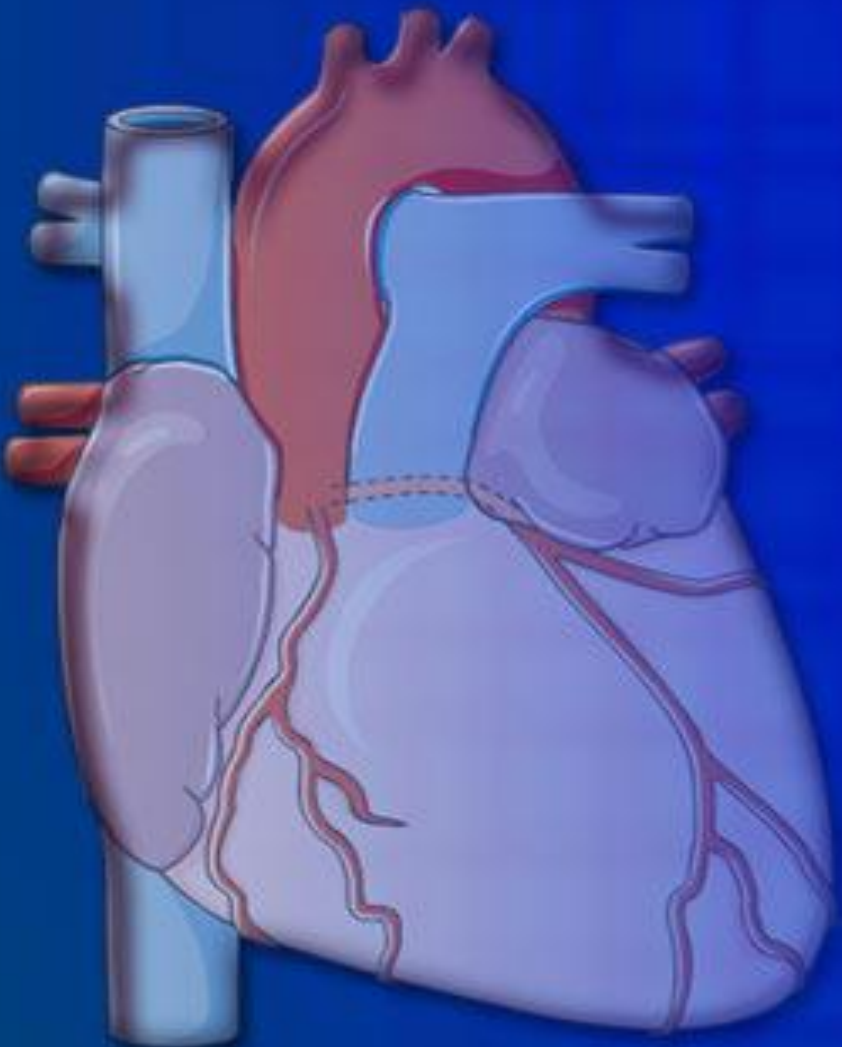
- *No doc I don't take any of that.*

Contd...



PAM HUGS FOSS (Contd..)

- **Are you allergic to any medication or other substance?**
- *No.*
- **Have you been hospitalized in the past?**
- *No.*
- **Have you had any surgeries in the past?**
- *No.*
- **Does anyone in your family suffer from any medical problems?**
- *None that I know of.*
- **Does anyone in your family have psychiatric problems like Schizophrenia, depression, anxiety?**
- *I don't know doc.*



PAM HUGS FOSS (Contd..)

- **What kind of work do you do?**

- *I work in a bank.*

- **Do you smoke?**

- *I used to, I am trying to quit.*

- **So how much did you smoke in the past?**

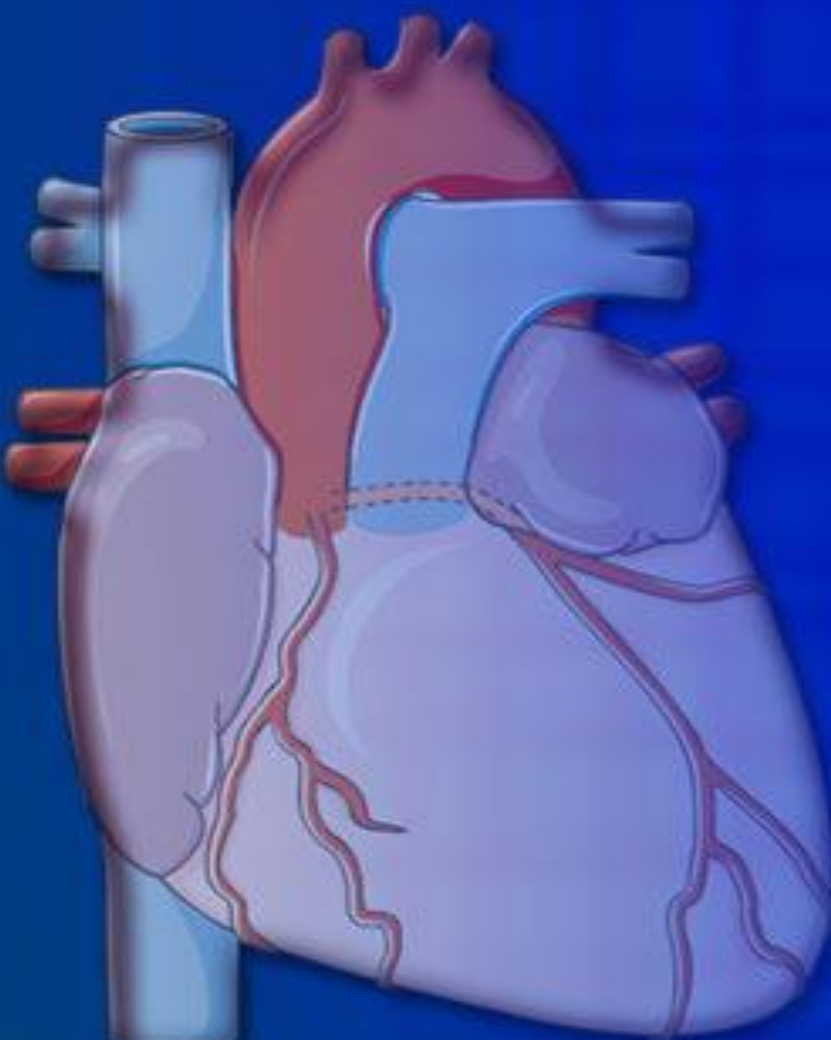
- *About half a pack a day, I started when I was 20.*

- **And how much do you currently smoke?**

- *Occasionally only doc, like a cigarette in 2 or 3 days.*

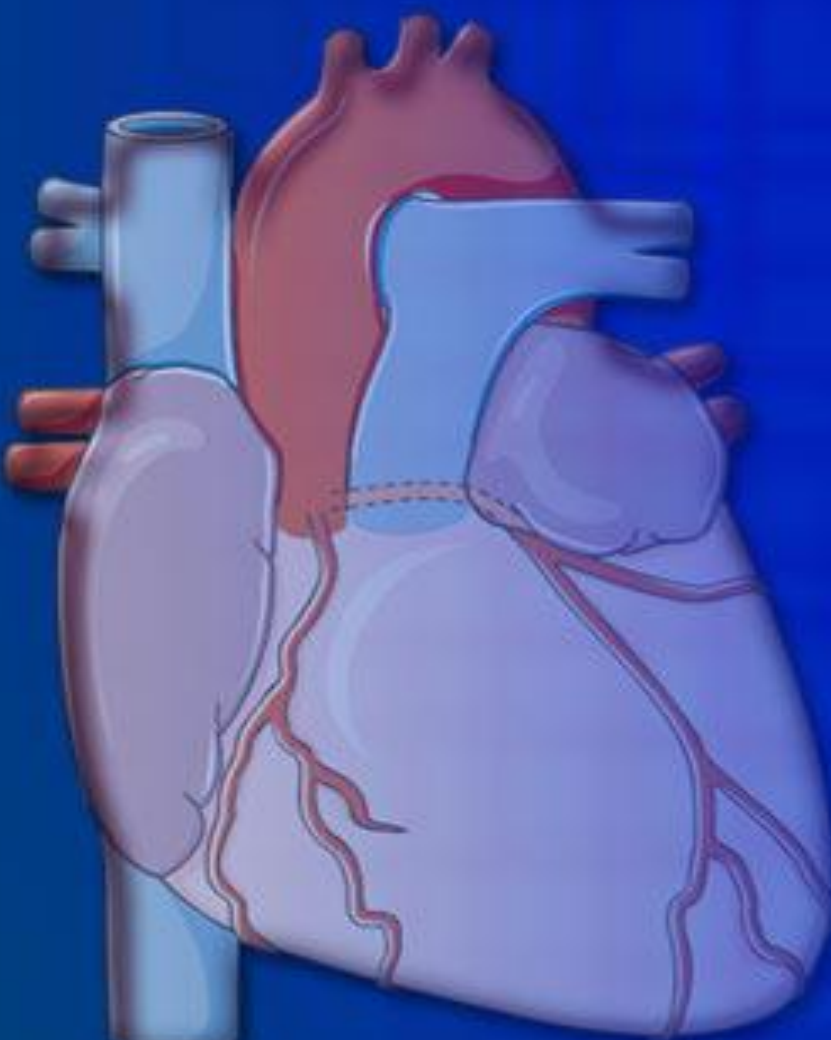
- **Do you drink alcohol?**

- *Only on weekends.*



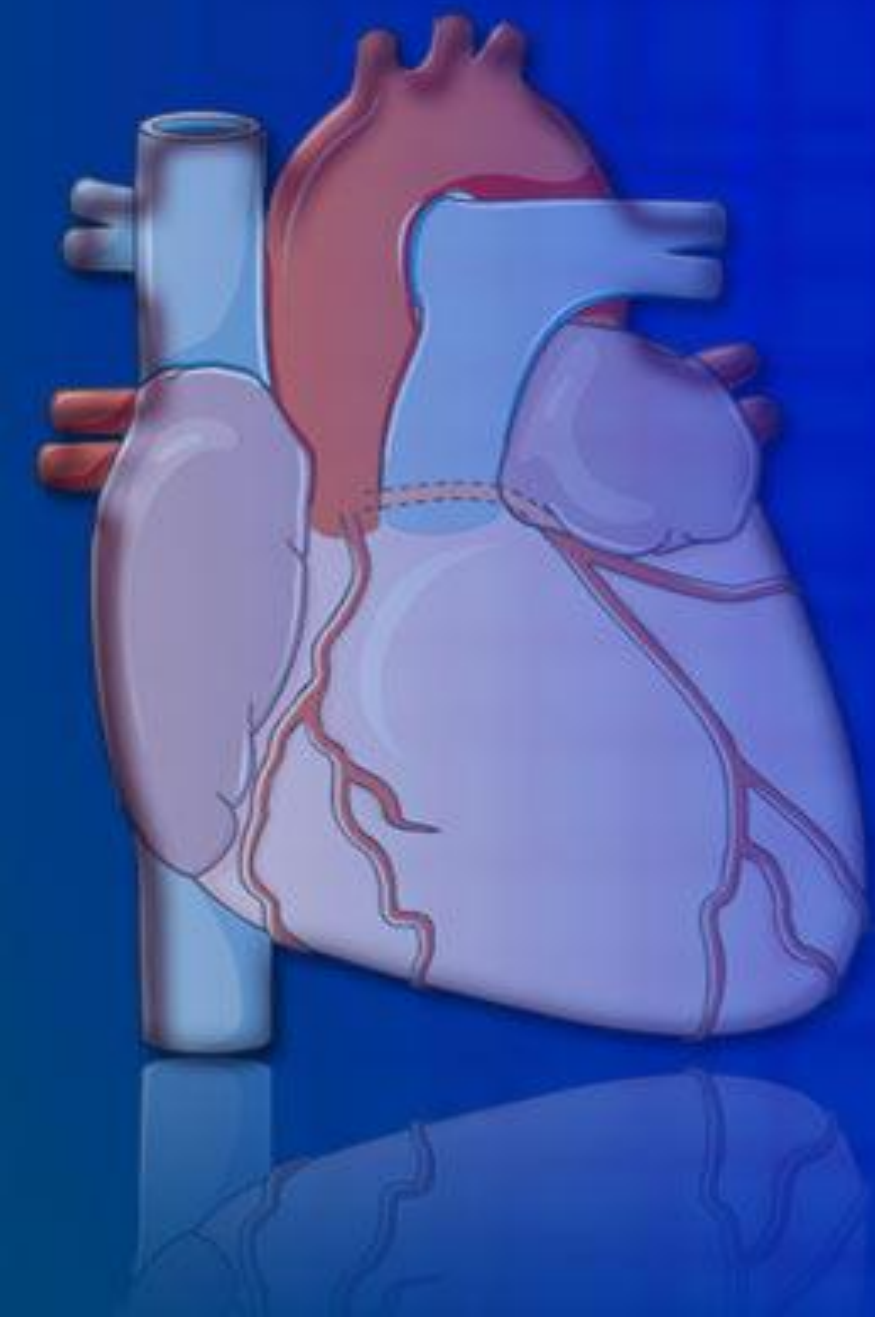
PAM HUGS FOSS (Contd..)

- **I would now like to ask you about your menstrual history, sexual activity etc. All information will be confidential.**
- *Ok doc.*
- **Do you still menstruate or have you reached menopause?**
- *I had my pause 2 years ago doc.*
- **Did you have any feelings of flushing around the time?**
- *No.*
- **Did you have heart racing when your menopause started?**
- *No.*
- **Do you feel your private parts might be dry?**
- *No.*



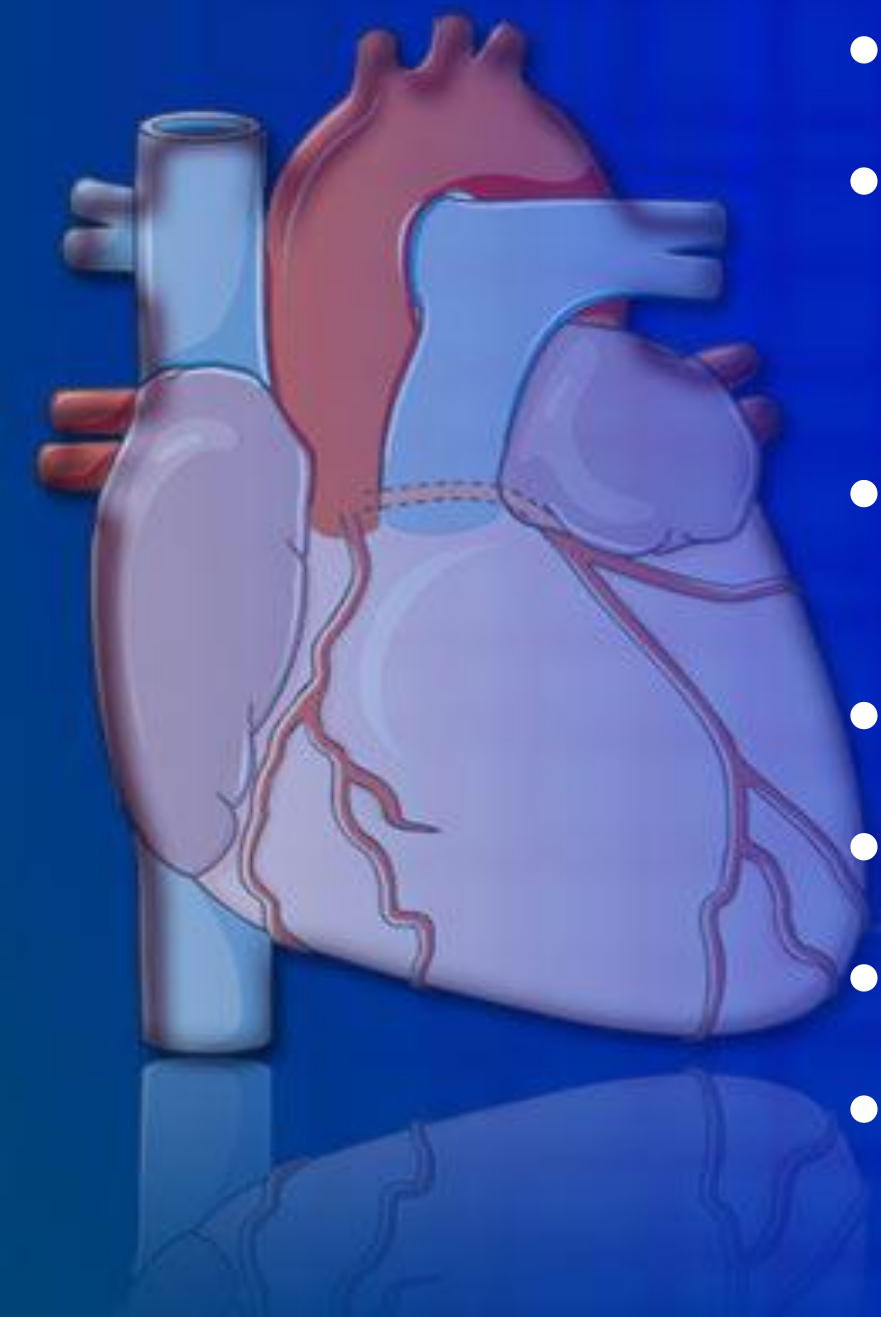
PAM HUGS FOSS (Contd..)

- **Are you sexually active currently?**
- *Yes with my husband only.*
- **How many children do you have?**
- *2; a son and a daughter. The son is older, he is in his 20's, the daughter is 17.*
- **Have you ever fractured any bones with a trivial trauma?**
- *No.*
- **Any history of osteoporosis in the family?**
- *I don't know.*
- **Do you take calcium and vitamin D supplements?**
- *No.*
- **I would suggest you should take it, its good for your bones.**



Objective

- **Okay Mrs. McCormick, I will now wash my hands and then examine you. Then we will go over what I think. We will come up with a plan to deal with this. I will get you something to help with your heart beating so hard.**
- *Okay doc.*
- Wash your hands.
- Drape the patient.
- Do a general and HEENT exam, look for thyromegaly/ neck swelling in the thyroid region, eye signs of hyperthyroidism.
- Examine Skin, hair, nails for tell-tale signs of hyperthyroidism.
- Examine CVS.
- Examine CNS quickly, just motor and reflexes.
- Examine other systems.
- Explains, offers and performs OMM if indicated.



Closure: Assessment and plan discussion

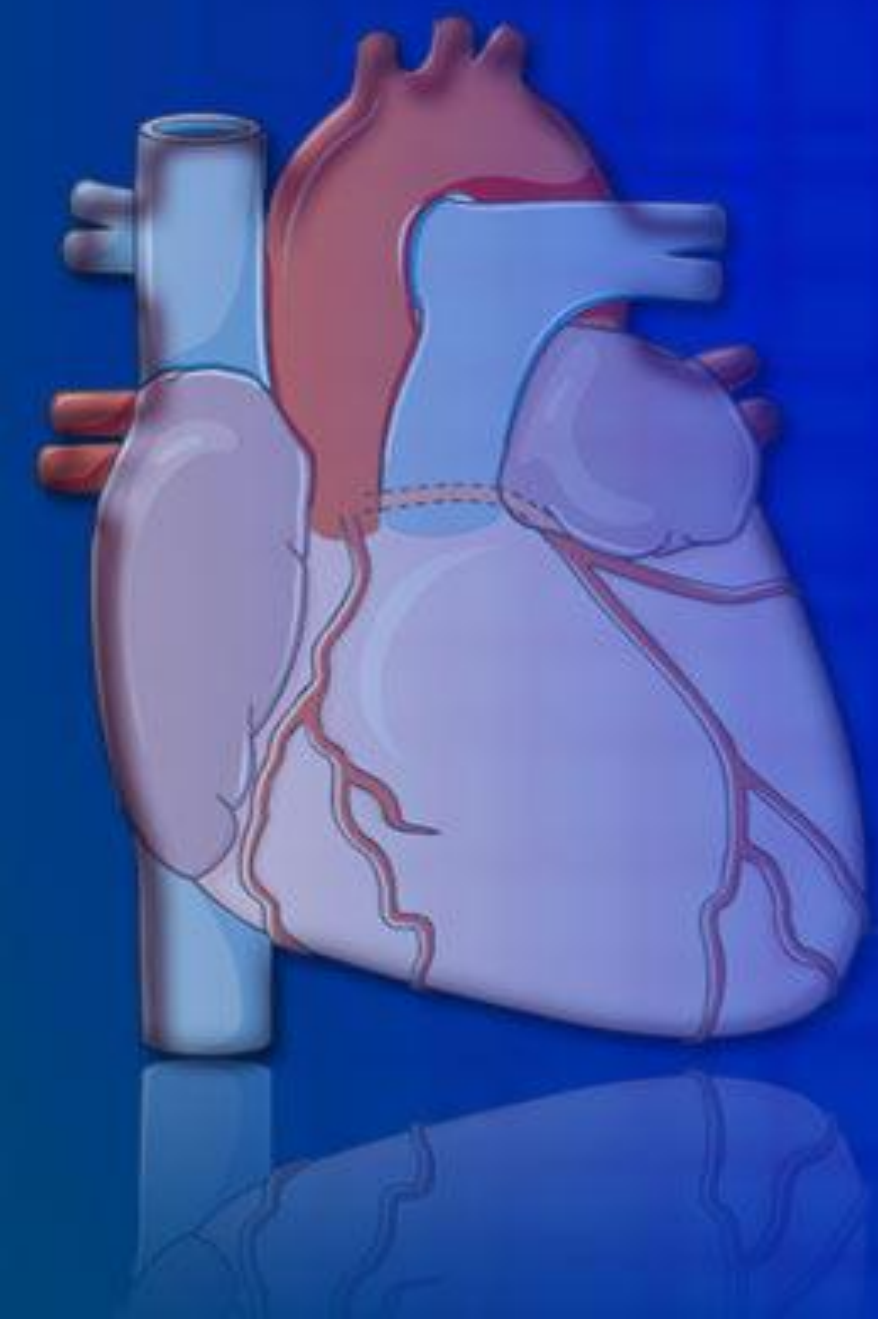
- **Thanks Mrs. McCormick. Lets talk about my impressions now.**
- **I understand you are going through some stress because of your family situation. While it is normal for kids of your daughter's age to date, it may be concerning to a careful parent like you. And I completely understand that. This might be causing generalized anxiety to you. And that might be the cause of your heart beating so fast.**
- **But that being said, I don't want to miss out any medical problems that might be causing it. So we will need some tests to confirm the diagnosis.**

Contd...



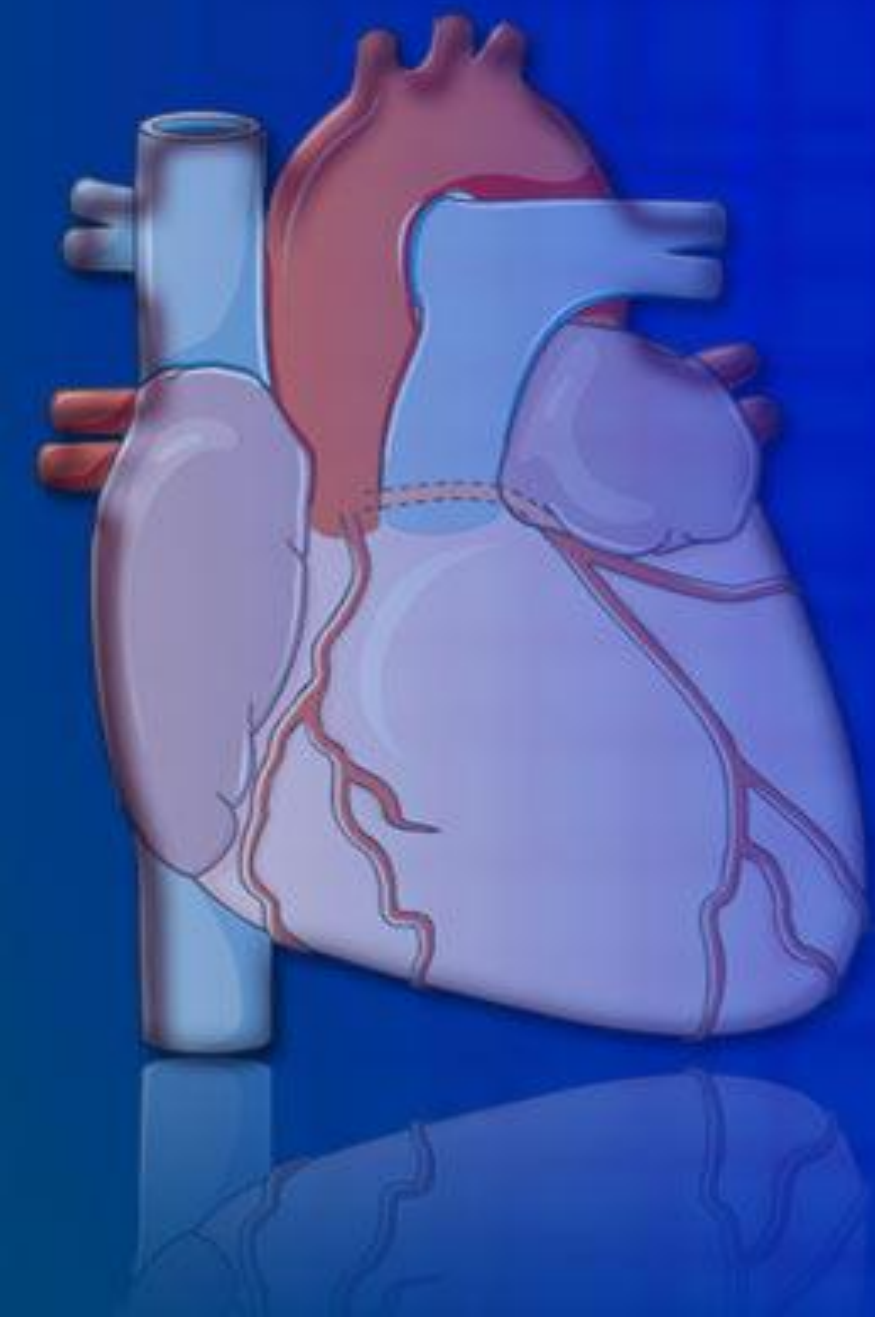
Closure: Assessment and plan discussion (Contd...)

- *Okay doc. What kind of tests?*
- **A couple of blood tests, an EKG to see how your heart is doing. For now just these. If these are normal we may not need any other tests.**
- *Okay doc, when do I get them?*
- **We can get the blood drawn today. Don't worry its a small quantity only about 5 ml. I can arrange for the EKG to be done shortly here in the office itself. You don't have to go anywhere else.**
- *Thanks doc. that would be great.*



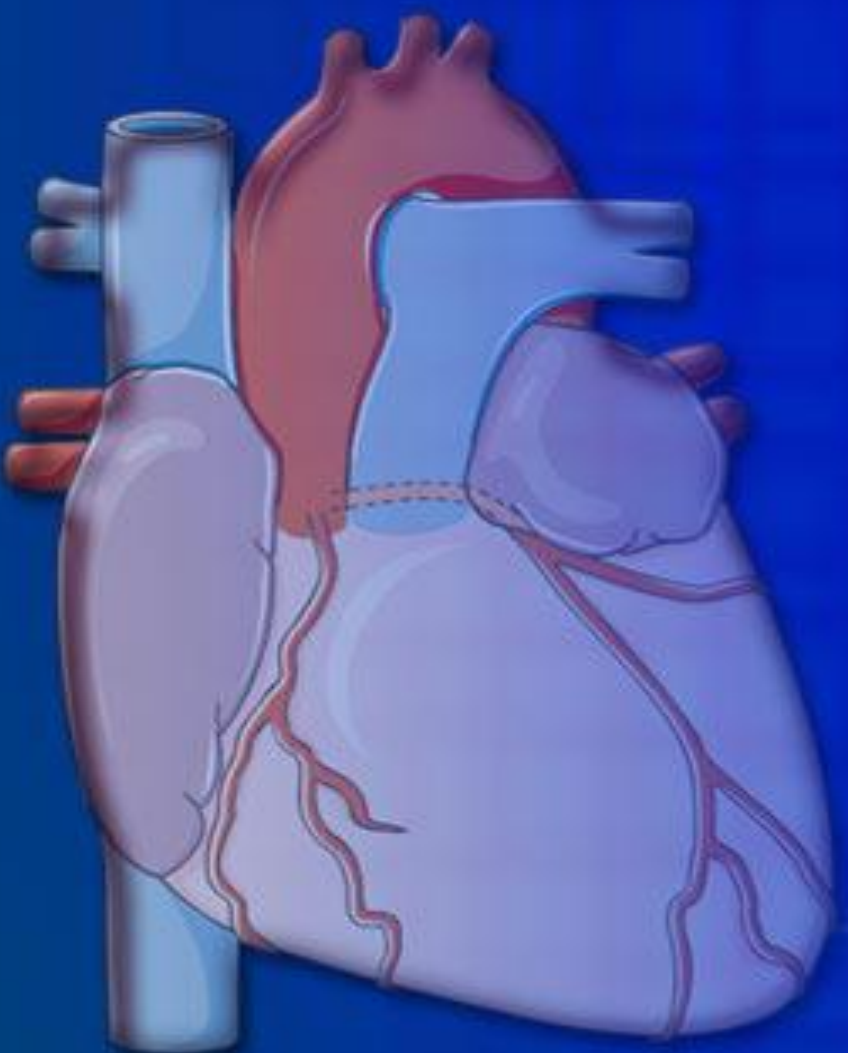
Closure: Assessment and plan discussion (Contd...)

- **Sure. After I see the EKG, I will be in a better position to say if there's anything wrong with your heart or if its something else. I would also call you when we get the other labs back.**
- *How soon will that be doc?*
- **As early as tmrw morning or definitely by tmrw evening.**
- *Okay, till then what do I do?*
- **I will give you a medication which will take care of your fast heart beat till then. I will also give you something to decrease anxiety, and help you sleep better and worry less. I would like to see you again in 3 days.**
- **Does that sound good?**
- *Yes doc.*



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

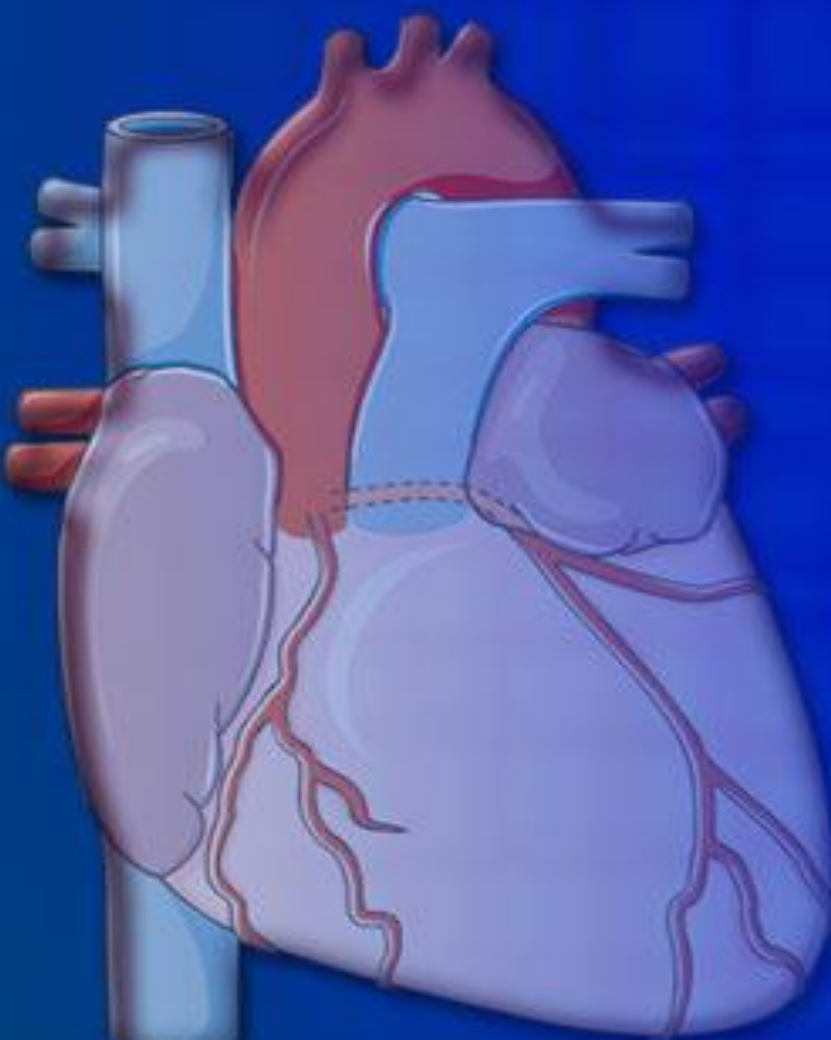
- **Good.**
- **Would you also like to talk to someone about your family problems ? We have professionals to help you deal with that.**
- *I will think about it and tell you doc.*
- **Okay. That's fine. Can I answer any other question for you today Mrs. McCormick?**
- *No doc I think I will be fine.*
- **Good to hear that. Thank you Mrs. McCormick, you take care. I will see you later.**
- **Shake hands and exit.**



SOAP note

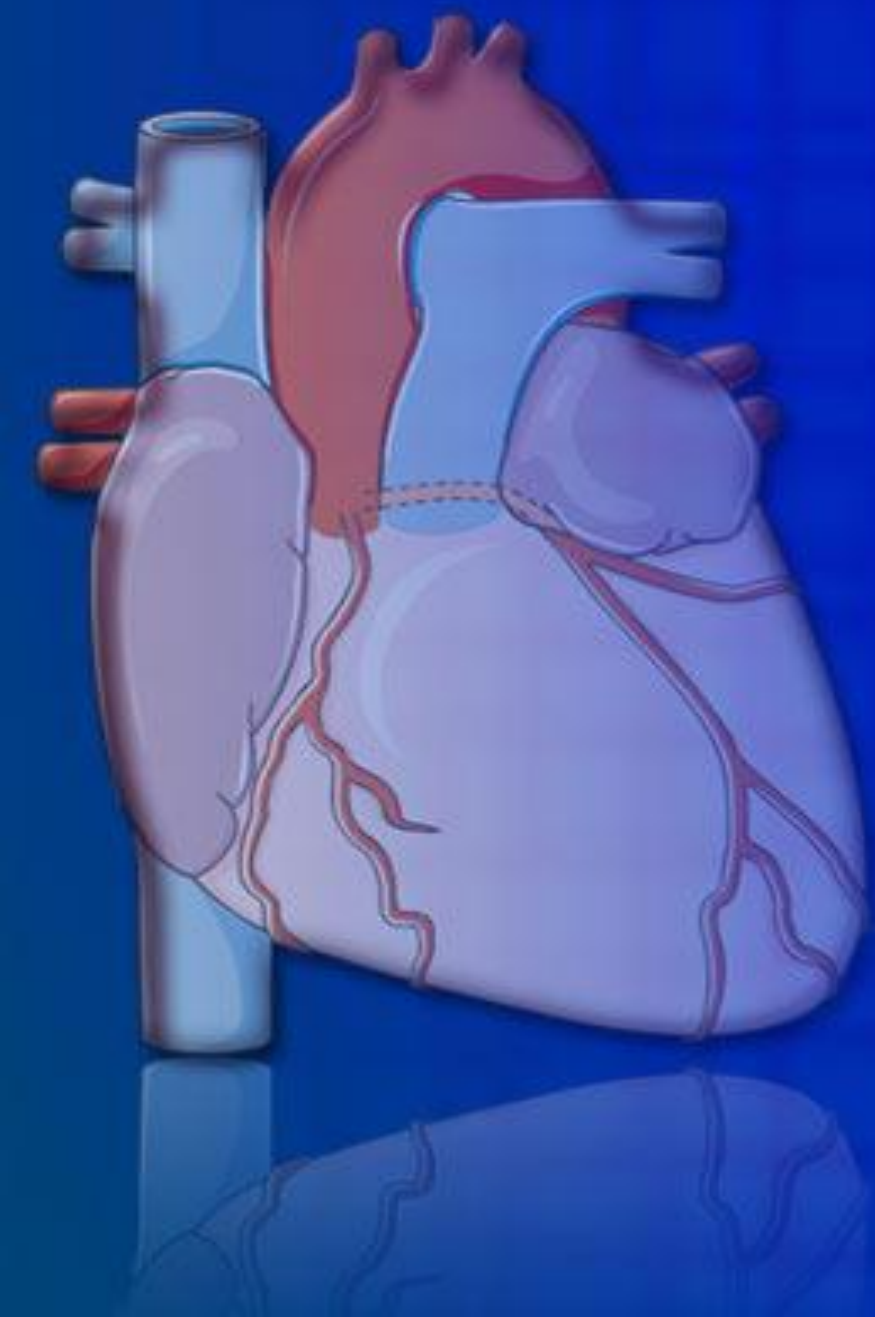
- A 56 year old Caucasian female presents with attacks of palpitation since a month. It has been worse for the past week and has affected her sleep. Patient appears very concerned and often weeps during interview. She reports being worried that her adolescent daughter might be in bad company. The attacks are unwarranted and often start while she is doing her daily chores. Per her, the rate is about 200 a minute, regular .
- She denies any precipitating or relieving factors, she denies chest pain, dizziness, visual blackouts or loss of consciousness during these attacks. She does report dyspnea and sweaty palms during the attacks.
- ROS is negative for weight loss, change in appetite or heat intolerance.

Contd...



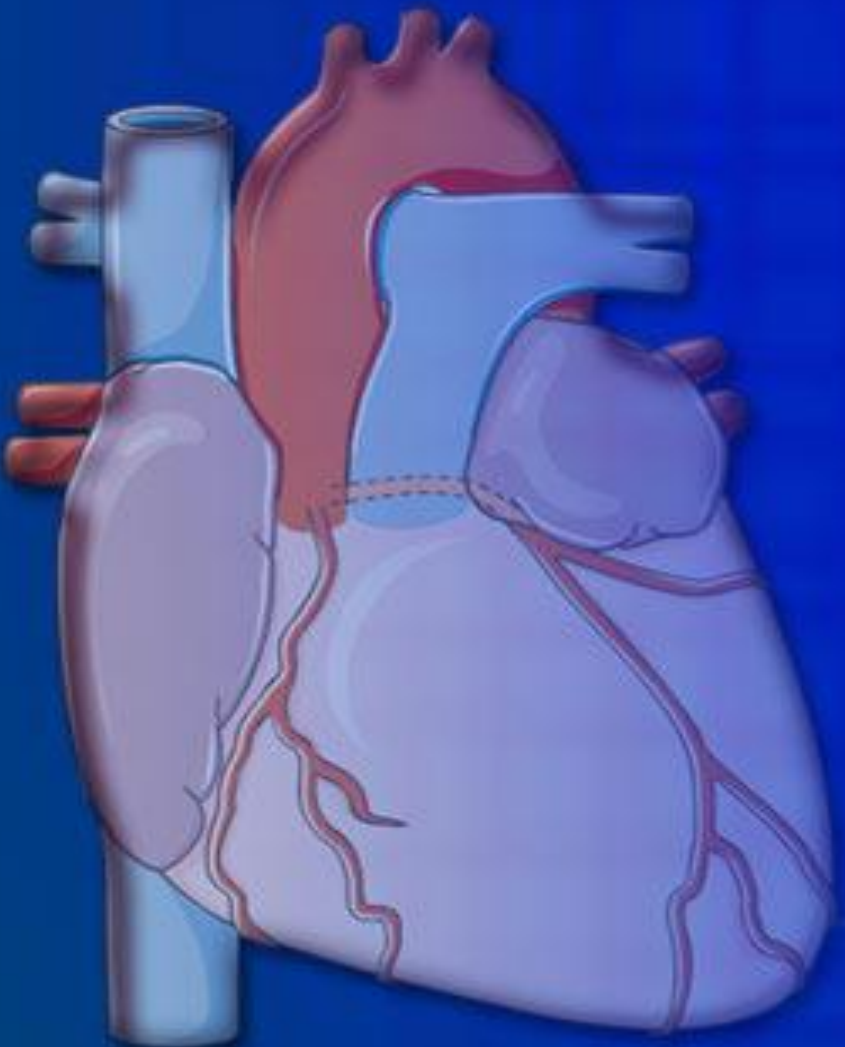
SOAP note (Contd...)

- No significant medical or psych history, hospitalizations or surgeries in the past. Does not take any medications, prescribed or otherwise. She has a 15 pack year history of smoking and still smokes occasionally (2-3 cigarettes per week). No family history of medical or psychiatric problems.



Objective

- Patient is a middle aged white female, looks very nervous and anxious. Her hands are trembling during the interview and her palms are sweaty.
- **General exam:** unremarkable.
- **HEENT:** unremarkable, no eye changes, no neck swelling.
- **CVS:** S1, S2, tachycardic, regular. No murmurs, rubs or gallops.
- **RS:** Good air entry bilaterally. CTAB.
- **Abdomen:** Soft, non tender, non distended, no organomegaly.
- **CNS :** unremarkable, reflexes brisk.



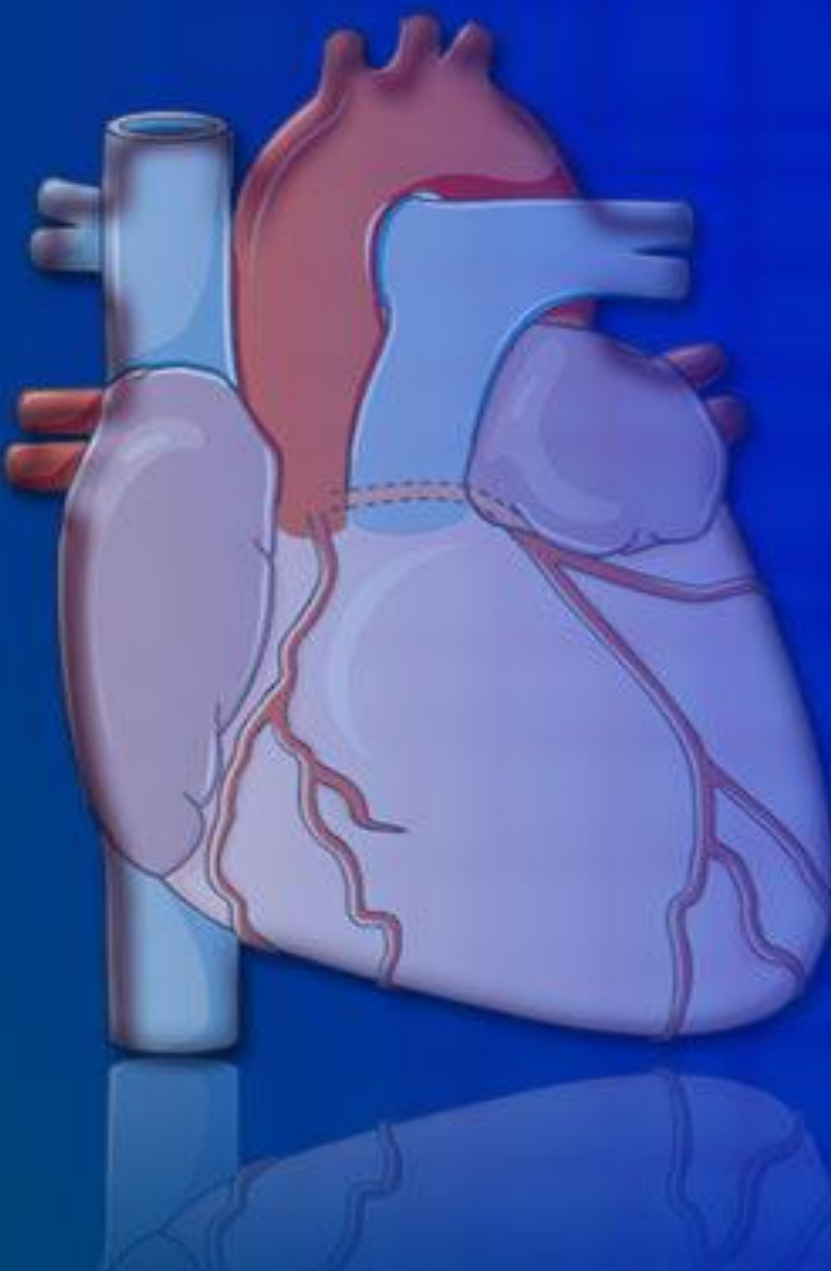
Assessment and Plan

➤ **Assessment:**

1. Generalized anxiety Disorder (GAD)
2. Panic attacks
3. Cardiac arrhythmia
4. Hyperthyroidism
5. Phaeochromocytoma

➤ **Plan:**

1. SSRIs(e.g. Paroxetine) or Cognitive Behavioral therapy if diagnosis confirmed
2. CBC with differential, CMP, S.TSH, Urine VMA, 12-lead EKG
3. Psychiatry consult
4. Smoking cessation
5. Return after 3 days



Happy Reading

