

COMLEX Level 2 PE Exam

**A 54 years old lady came to clinic as she just
cant stop bleeding.**

Patient Data Sheet

- **Patient Name** : Mrs. Travers
- **Clinical Settings** : Medicine Office
- **CC** : A 54 years old female presents with heavy menstruation period.

➤ **Vital Signs** :

- **Blood Pressure** : 100/54 mm Hg
- **Respirations** : 12 per minute
- **Temperature** : 98.6 °F
- **Pulse** : 102 bpm, regular
- **Height** : 66 inches
- **Weight** : 201 lbs.
- **BMI** : 32.4 kg/m²

Differential Diagnosis

- Dysfunctional uterine bleeding
- Fibroid uterus
- Cervical dysplasia/ neoplasia
- Endometrial CA
- Atrophic vaginitis

Key points to remember

- Door information.
- Differential diagnoses.
- In this age group, CA risk is high. Always ask about the last pap smear. Pap smear should be on the labs list, regardless.
- Cervical neoplasia and atrophic vaginitis are common causes of post-coital bleed.

Opening Scenario

- A middle aged female, sitting up. Looks somewhat anxious.
- Slightly obese, white woman.
- Pallor is evident from nail beds, conjunctivae and mucus membranes.

Subjective

- **Good morning, Mrs. Travers. My name is Dr. Mehta. I am a physician here, I will take care of you today. What brings you to the hospital ?**
- *Hi doctor. I just cant seem to stop bleeding.*
- **I see. Where are you bleeding from ?**
- *Its my period doc, it wont stop.*
- **I see. I would like you to tell me more about it.**

Contd...

Subjective (Contd...)

- *Doc, my periods have been getting irregular for the last one year. I thought I was having the menopause. Then since a week, I have this heavy period. I thought some people just have a difficult menopause and I ignored it. But when the bleeding just got heavier and wouldn't stop for a week, I decided to come in*
- **I understand. You did the right thing by coming in.**

Subjective (Contd...)

- **So you said your period has been going on for a week now.**
- *Yes doctor, a week.*
- **How many pads do you use in a day ?**
- *Its like 4 or 5 pads every day.*
- **I see. That is heavy flow indeed. Do you have any pain or cramps in your belly ?**
- *No doctor*
- **Do you pass clots or lumps of blood ?**
- *Sometimes.*

Subjective (Contd...)

- **Have you noticed any other discharge, any whitish bad smelling fluid from your vagina ?**
- *No doc.*
- **Do you have a fever ?**
- *No.*
- **Do you feel dizzy ?**
- *I did, this morning. I think I am losing lot of blood.*
- **Yes I think that might be the reason. Your heart is racing and your blood pressure is also a bit low.**
- *Yes I did feel my heart racing fast this morning.*

Subjective (Contd...)

- **I see.**
- **Do you have any vaginal dryness, otherwise?**
- *No doctor.*
- **Do you bleed after intercourse or is it painful ?**
- *I have bled a couple of times after intercourse, lately. Its not really painful.*

Pam Hugs Foss

- **Okay. Mrs. Travers, now I would like to go over your medical history, list of medications and habits.**
- *Sure doctor.*
- **Do you have any other medical problems ?**
- *I have high blood pressure.*
- **Do you take any medications for it ?**
- *Yes doc I take two. A pill of HCTZ and a norvasc. I have been on them for years.*

Contd...

Pam Hugs Foss (Contd...)

- **I see. Do you take any other pills apart from these ?**
- *No.*
- **Are you allergic to any medications or other substance ?**
- *No doc*
- **Have you been hospitalized in the past ?**
- *Only for my deliveries.*

Pam Hugs Foss (Contd...)

- **Have you had any surgeries in the past ?**
- *No doc.*
- **How is your bladder control ?**
- *Its fine.*
- **How about your bowel movements ?**
- *They are normal too.*
- **Okay, now let us go over your habits.**

Pam Hugs Foss (Contd...)

- **Do you smoke ?**
- *I used to smoke doc. I smoked like a pack a day for many years. I gave up 4 yrs ago and have since been clean.*
- **Very good, Mrs. Travers. I appreciate your commitment to your health.**
- *Thank you doctor.*
- **Do you drink alcohol ?**
- *Only socially.*

Pam Hugs Foss (Contd...)

- **Do you use any recreational drugs ?**
- *No doc.*
- **Are you sexually active right now ?**
- *Yes with my husband only.*
- **Do you use any protection ?**
- *Yes we do.*
- **Okay good.**

Pam Hugs Foss (Contd...)

- **How have your periods been in the past ?**
- *They have been pretty regular. Its just that for the last year or so they became irregular. I thought I was going through menopause. My mother and 2 sisters had similar things during theirs.*
- **I see. How many children do you have?**
- *I have 2. My daughter is 21 and son is 23. Both were born by vaginal delivery.*
- **Okay great.**

Pam Hugs Foss (Contd...)

- **Is there any history of medical problems in your family ?**
- *My mother had breast cancer, diagnosed at the age of 58. It was localized, they did surgery and it never came back. She is healthy now. My father had a stroke, very small one. He is okay now.*
- **Okay. Do you examine your breasts at home regularly ?**
- *Yes doc. I do. I haven't found anything. I had a mammogram last year, it was normal.*
- **Great!**

Pam Hugs Foss (Contd...)

- **When was your last pap smear ?**
- *I think it was 6 yrs ago.*
- **Was it normal ?**
- *Yes doc, I think so.*
- **Okay. What kind of work do you do ?**
- *I work in a bank. I plan to retire next year. Have been with the bank for 30 yrs now.*
- **I see. That is a long time, indeed.**

Pam Hugs Foss (Contd...)

- Yes doc, long time. Now I think I need rest.
- ***Sure, I understand.***
- **How have your mother's and sister's menopauses been ?**
- *I think they all had irregular periods for 1-1.5 yrs then they slowly stopped bleeding. I thought I was going to end up the same way, but here I m bleeding more. They all had their menopauses around this age.*
- **I see.**
- ***Okay, Mrs. Travers, I would now wash my hands and examine you.***

Objective

- Wash your hands.
- Drape the patient.
- Do a good general and HEENT exam.
- Examine abdo.
- Auscultate CV and Respiratory systems. Mention about need for pelvic exam and pap smear by OB-GYN.
- Explains, offers and performs OMM if indicated.

Closure : Assessment and Plan discussion

- **Thank you for your co-operation, Mrs. Travers. Let me go over my impressions with you.**
- *Sure doc.*
- **I understand its very concerning to lose so much blood. It is also making you dizzy, which makes it concerning for me as a physician. I would like to find out the cause and treat it. Before that I would like to give you some fluids, if needed blood too, to stop further damage from blood loss.**
- *Sure doc, that makes sense.*

Contd...

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

- **There are a number of causes of blood loss like this.**
- *It may be a prolonged menopause, firstly.*
- **However, we need to rule out other causes. Like a mass called fibroid in the uterus. Or unresponsiveness of your uterus to normal hormones, something we call dysfunctional uterine bleeding or DUB for short.**
- *I see, doc. Is there treatment for all these?*

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

- **Yes we have treatment for these conditions.**
- **In your case, Mrs. Travers, I am also concerned about something more serious.**
- *Is that cancer ?*
- **Yes, Mrs. Travers. I am concerned about cancer of either cervix or uterus, since your mother has a history of breast cancer. Breast and endometrial cancer are often genetically related and found in families.**
- *I understand doc.*

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

- **I would like to be sure what we are treating, before we form any further plans.**
- *Sure doc. Would I need any tests ?*
- **Yes you would need some basic blood tests. I would also send you to an OBGYN. You need a thorough pelvic exam and a pap smear.**
- *Sure doc. I understand.*
- **In the mean time, we will replace the fluids and blood you are losing. I would also give medications to decrease blood loss and iron, to build up more blood cells.**

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

- *Sure doc.*
- *When would we know ?*
- **Well the results of blood test can be had in an hour. Once you have your pap smear taken, we can expect results latest by next day.**
- *Okay doc, that sounds fair.*
- **Good. Do you have any more questions or concerns at this point, Mrs. Travers ?**
- *No doc, I think I am all set.*

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

- **Great. Thank you for your cooperation. We will meet again when the results are back. I will then be in a better position to say what it is. Then we will go over the further options.**
- *Sure doc, that would be great*
- **Say thank you, shake hands and leave.**

Assessment and Plan

➤ **Assessment:**

1. Dysfunctional uterine bleeding (DUB)
2. Fibroid
3. Endometrial CA
4. Cervical dysplasia / neoplasia
5. Bleeding disorder

➤ **Plan:**

1. PV and Per speculum exam
2. CBC with differential, CMP, PT/PTT, Pap smear, Blood grouping and Rh typing, Serum FSH, LH
3. Admit to hospital and IV fluids and Blood transfusion if necessary
4. Consult OB-GYN
5. Pelvic USG

Happy Reading