

COMLEX Level 2 PE Exam

A mother of a 4 years old Joe Hopkins calls to clinic as her baby boy has been bleeding through his nose since this morning



Patient Data Sheet

- **Patient Name:** Joe Hopkins
- **Clinical Settings:** Emergency Room
- **CC :** Jenny Hopkins, mother of a 4 years old Joe Hopkins calls you as Joe has been bleeding through his nose since this morning.



Differential Diagnoses

- Traumatic e.g. injury, repeated nose picking
- Foreign body in the nares
- Chronic rhinitis
- Atrophic rhinitis
- ACF fracture
- Bleeding disorders e.g. von Willebrand disease, coagulopathies,
- Chronic sinusitis
- CA e.g. nasopharyngeal CA, Leukemia etc.



Subjective

- **Good morning, Mrs. Hopkins. My name is Dr. Dudley. I am a physician in this hospital. How may I help you today ma'm ?**
- *Hi doctor. My son Joe wont stop bleeding from his nose.*
- **I see. When did this start ?**
- *This morning doctor.*

Contd...



Subjective (Contd...)

- **I see. How did it start ?**
- *Well doc, he was playing with his friends at school. Then one of them noticed he was bleeding and told the teacher. The teacher did some first aid and immediately called me. We have been holding down some cotton balls but it just gets soaked up. He hasn't stopped bleeding for 2 hrs now.*



Subjective (Contd...)

- **Oh I see. That is concerning, Mrs. Hopkins. how many cotton balls have you used so far ?**
- *I would say about 10 to 12 doc.*
- **That is indeed significant bleeding.**
- *Yes doc, I am really concerned.*
- **I understand, and I share your concerns too.**



Subjective (Contd...)

- **Did anyone from Joe's school tell you that he was injured in anyway ? Say in a fight with a playmate or otherwise ?**
- *No doc.*
- **Do you think he might have put some foreign object into his nose ?**
- *I don't know doc, I can check and tell you.*



Subjective (Contd...)

- **Okay, let me finish asking you some more questions real quick. Then you may check his nostrils.**
- *Sure doc.*
- **Has he been having recurrent colds ?**
- *No doc.*
- **Does his nose get blocked and stuffy often ?**
- *In the winters.*
- **Does he pick his nose often ?**
- *He does sometimes, but I immediately catch him and make him stop.*



Subjective (Contd...)

- **I see. Has he bled like this before ?**
- *No doc.*
- **Has he bled from any other site before this, without any injury or with very little injury?**
- *No doc.*
- **Great. Let me go over his medical and birth history. Then we will talk about what to do next.**



PAM HUGS FOSS

- **Does he have any medical problems ?**
- *No doc.*
- **Have you been giving him any medications including vitamins, over the counters or herbal preparations ?**
- *No doc. He is a healthy child.*
- **Is he allergic to any medication or other substance?**
- *No doc, not to my knowledge.*

Contd...



PAM HUGS FOSS (Contd...)

- **Has he been hospitalized in the past ?**
- *No doc.*
- **Has he had any surgeries ?**
- *No.*
- **Do you have any family history of bleeding disorders ?**
- *No doc.*



Birth and Developmental History

- **Okay. Let me review his birth and developmental history real quick.**
- *Sure doc.*
- **Was he born at term ?**
- *Yes doc.*
- **Was this a normal vaginal delivery ?**
- *Yes doc.*

Contd...

Birth and Developmental History (Contd...)

- **Does he have any sibs ?**
- *No he's our first child.*
- **I see. Has he been developing like kids his age should ?**
- *Yes doc.*
- **Great. Have you been visiting his pediatrician for vaccines and other routine follow ups ?**
- *Yes doc, we are particular about it, especially my husband.*
- **Great!**



Closure: Assessment and Plan discussion

- **Thank you for all the information, Mrs. Hopkins. Now let me go over my impressions of Joe's problems.**
- *Sure doc.*
- **The first thing that comes to my mind is an injury. It may not be obvious but there might be some injury to the nasal bone or cartilage.**
- *I see.*

Contd...



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

- **Now there might be another injury, a more serious one, like a head injury which is not apparent. That's what makes me more worried.**
- *Oh yes that would be concerning, doc.*
- **Yes, it is. And I would like to bring him to the hospital so we can evaluate this further.**
- *Sure doc.*



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

- **A last thing that I am concerned about is a foreign body in the nose. He might have put something up in his nares, as children often do. I would like to check for that as well.**
- *Sure doc.*
- **I would advise you to come to the hospital right away.**
- *Doc I don't have a car and calling an ambulance is expensive.*



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

- **Mrs. Hopkins, at this point my first priority is your son's health. I will send ambulance as soon as possible. Its really important to evaluate Joe. It sounds like significant bleeding and I don't want him to lose more blood.**
- *Sure doc, where should I come ?*
- **You can come to the ER and they will take care initially. I will be down in the ER too, you can have me paged once you are there.**
- *Sure doc that would be nice.*



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

- **Once you are in the ER, I will examine him, order some blood tests and get x ray of his nose/sinuses. I will also call ENT specialist to take a look at him.**
- **Is there any other question or concern at this time, Mrs. Hopkins ?**
- *Doc should I use more cotton balls ?*
- **Well you can hold them at the outside of his nose but please make sure not to shove them higher up, they can become stuck and difficult to remove later.**
- *Sure doc, I will take care of that.*



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

- **So Mrs. Hopkins I will see you in the ER soon.**
- *Thank you doctor.*



Assessment and Plan

➤ **Assessment:**

1. Trauma e.g. nasal bone fracture, cartilage injury, head injury, ACF fracture
2. Nose picking—recurrent habitual
3. Foreign body in the nares
4. Bleeding Disorder

➤ **Plan:**

1. Physical Examination of child, physical pressure to nostrils
2. CBC with differential, Coags. Incl BT, CT, PT/PTT
3. Ant. and Post. Rhinoscopy, Consult ENT team
4. X-ray skull AP and lateral views, Water's view
5. Education and counseling of care-giver



Happy Reading

