

COMLEX Level 2 PE Exam

Jaundice in 56 year old male



Patient Data sheet

- **Patient Name** : Mr. Peter Allen
- **Clinical Settings** : Medicine Office
- **CC** : A 56 year old male present with yellow eyes and urine.

➤ **Vital Signs** :

- **Blood Pressure** : 122 / 80 mm Hg
- **Respirations** : 12 per minute
- **Temperature** : 99.0 °F
- **Pulse** : 80 bpm, regular
- **Height** : 69 inches
- **Weight** : 156.2 lbs.
- **BMI** : 23.1 kg/m²



Differential Diagnoses

- Viral Hepatitis
- Alcoholic Hepatitis
- Medication induced Hepatitis
- Obstructive Jaundice
 1. Pancreatic Cancer
 2. Choledocholithiasis
 3. Cholangiocarcinoma
- Primary biliary cirrhosis



Key Points to Remember before entering patient's room

- You should have patient's name, Chief Complaint and vitals.
- Please have a Differential Diagnosis before entering room so you can ask specific questions.
- Patient might have scratching marks, please ask patient about it .
- Make them comfortable.
- Look for signs of hepatic cell failure, alcohol abuse, asterixis.
- Ask for color of urine and stools, appetite, sleep reversal.



Position of the Patient

- The patient might be scratching himself or have an hand on right upper quadrant of belly to show you that he is in pain.



How to make patient comfortable

- Address patient by his last name, shake hands and introduce yourself.
- Explain him what you are going to do in next 14 minutes.
- Offer help if they need during history taking and physical examination.
- Reassure him for any of his concerns/symptoms such as belly pain.



Opening of the Case

- **Mr. Allen, Good morning, I am Dr. Golbin, I am an attending physician in this hospital. (Shake hand). Today I will take care of you. First I will ask you few questions and do brief physical examination. Meanwhile If you have any questions, feel free to ask me. Let me make you comfortable (drape patient at this time).**
- *Ok, Doc.*
- **Please tell me what brought you in today?**
- *I have yellow eyes for last 2 weeks.*



Subjective

- **What's the color of urine?**
- *It's yellow too.*
- **Tell me color of stool?**
- *It's also dark yellow.*
- **Do you have any nausea/vomiting?**
- *Yes, I have been feeling nauseous lately but I never threw up.*
- **Do you have any belly pain?**
- *Yes, I have it for almost 2 weeks.*



Contd...

Subjective (contd..)

- **Is it constant or comes and go?**
- *It comes and go.*
- **Could you tell me frequency of it?**
- *About 4-5 times a day.*
- **Can you tell me where you feel it?**
- *Here (patient will show right upper quadrant of belly).*
- **How severe is it on the scale of 0-10 with 0-being no pain and 10-being most severe pain?**
- *It's about 4.*



Subjective (contd..)

- **How would you describe it? Is it dull, burning or compressing?**
- *It's dull.*
- **Does it move to any other parts of body?**
- *No.*
- **What makes it better?**
- *Tylenol helps little bit.*
- **What makes it worse?**
- *Nothing.*



Subjective (contd..)

- **Is there any relation of your pain with food?**
- *No.*
- **Do you have fever?**
- *No.*
- **How is your appetite?**
- *I really don't feel like eating.*
- **How is your energy level?**
- *I have been feeling very tired for a week.*



Subjective (contd..)

- **Do you have itching?**
 - *No.*
- **Have you noticed any changes in your weight?**
 - *No.*
- **Have you noticed any rash?**
 - *No.*
- **Have you recently traveled?**
 - *Yes doc, I went to Puerto Rico last month.*



Subjective (contd..)

- **Did you take vaccine before travel?**
- *No.*
- **Have you had recent blood transfusion?**
- *No.*



PMH

- **(You should use transition sentence here.)**
- **Like, "Mr. Allen now I would like to ask you few questions about your health in the past."**
- **Have you had similar complaints in the past?**
- *No.*
- **Have you had any medical conditions, such as high blood pressure?**
- *Yes, I do, I regularly take HCTZ 25 mg in the morning.*
- **High blood sugar?- No.**
- **High blood cholesterol ? – No.**



PSH

- **Have you had any surgery?**
- *I had appendectomy 20 years ago.*



Medications

- **Apart from HCTZ and Tylenol, do you take any other medications including over the counters medications(OTC)?**
- *I take multivitamins.*



Allergy

- **Do you have any allergy?**
- *Yes, shellfish gives me vomiting and diarrhea.*



Social History

(Use transition sentence).

- **Now, I would like to ask you few questions about your social habits.**
- **Do you smoke?**
- *No.*
- **Do you drink alcohol?**
- *Yes.*
- **How many drinks do you drink?**
- *I drinks about 2-3 drinks per day. (If patient drinks ≥ 2 drinks per day, patient should be asked CAGE questions.)*
- **Do you take any recreational drugs?**
- *No.*



CAGE Questions

- **C - Have you ever felt you should cut down on your drinking?**
- *No.*
- **A - Have your ever felt annoyed by criticism of your drinking?**
- *No.*
- **G - Have your ever felt guilty about your drinking?**
- *No.*
- **E - Have you ever had a drink first thing in the morning to get rid of hangover(eye-opener)?**
- *No.*
- **If score is ≥ 2 than patient should be offered alcohol rehabilitation program.**



Sexual History

- **Mr. Allen, Now I would like to ask you few personal questions. I assure you that all information will be kept confidential.**
- **Are you sexually active?**
- *Yes, with my wife only.*
- **Did you have any unprotected intercourse while you were in Puerto Rico ? (HBV and HCV may be transmitted sexually)**
- *No.*



Family History

- **What kind of work do you do?**
- *I am a marketing manager.*
- **Now, I would like to ask you few questions about health of your family members.**
- **Does any body in your family have similar problem?**
- *Yes, my father died of pancreatic cancer last year.*
- **I am sorry to hear that.**



Summarization of History in 2-3 sentences

- **(Now, you are done with history. It's time to summarize main pertinent points).**
- **Mr. Allen, Thank you, I am done with history, let me summarize for you.**
- **You have yellow eyes and urine for 2 weeks along with belly pain in right upper region that is dull, 4/10 in severity and associated with nausea and fatigue.**



Challenging Question

- **Do you have any question?**
- *Yes, do you think that it could be due to my travel to Puerto Rico?*
- **Mr. Allen, It could be possible as some viral diseases are transmitted through contaminated water and food. I will keep that possibility in mind and let you know when I am done with physical examination and all lab tests.**
- *Ok doc.*



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.
- Patient has RUQ pain, reassure him that it would be very quick and gentle.
- Explains, offers and performs OMM if indicated.



Objective

- **Mr. Allen, Now I would like to examine you. As you are in pain, I will be very quick and gentle. May I start it?**
- *Sure, doc.*
- General examination
 - **HEENT** – Look for icterus
 - **RS** – auscultation ,gynecomastia
 - **CVS** - auscultation
 - **Abdomen** – RUQ tenderness, Murphy's sign, hepatomegaly, ascites (if any), Collaterals on antr. abdo wall.
 - **Extremities** – edema, pulse
 - **Skin** – palmar erythema, marks of scratching.



How to finish case

- **Once you are done with your physical examination, give him initial impression and explain your plan.**
- **Mr. Allen, thank you for your co-operation. I am done with physical examination. Let me give my impression. Based on your history and my physical examination, It seems that you have irritation of liver. It could be due to some viral infection or could be something else. So, to arrive at right diagnosis, I will run some blood tests and order imaging study such as ultrasound that gives pictures of your liver. Once I have result we will meet again and discuss various treatment options. I would also like to see you in a week.**
- **Do you have any questions?**
- *No doc.*
- **Shake hands and leave the room.**



Assessment and Plan

➤ **Assessment:**

1. Viral Hepatitis
 - Hepatitis A
 - Hepatitis B
 - Hepatitis C
2. Obstructive jaundice
 - Choledocholithiasis
 - Pancreatic Cancer
 - Cholangiocarcinoma
3. Alcoholic Hepatitis
4. Medication induced Hepatitis

➤ **Plan:**

1. Supportive Care, avoid hepatotoxins, e.g. d/c acetaminophen and alcohol
2. CBC with differential, CMP including LFTs
3. Viral Hepatitis Serology, PT/PTT
4. Ultrasound RUQ, CT Scan of abdomen
5. Alcohol Rehabilitation referral for alcoholics
6. Follow up in a week



Happy Reading

