

Patient Case

PATIENT DOOR CHART and Learner Instructions

- Patient Name: Bettie
- Age: 48
- Legal Sex: Female
- Chief Complaint: Chest pain
- Clinical Setting: Outpatient clinic

Vital Signs:

- Blood Pressure Reading: 130/80 mmHg
- Pulse Rate: 75 bpm
- Respiratory Rate: 16 breaths/min
- Temperature (Celsius): 37.0
- SpO2: 97%

Learner Tasks:

Learner Tasks

1. Obtain an appropriately focused and detailed history based upon the chief complaint.
2. Perform a pertinent physical examination based upon the chief complaint.
3. Discuss your diagnostic impressions and next steps with the patient.
4. Place appropriate orders for the patient.
5. Review results with the patient and further next steps.
6. Answer any questions the patient may have to the best of your ability.

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Clinical Interview:

Doctor: can you describe the chest pain?

Patient: Chest pain. Tightness.

Doctor: location?

Patient: Under the middle of my chest.

Doctor: have you had this before?

Patient: Yes, for about 3 months.

Doctor: does anything make it better or worse?

Patient: Worse with solid food and exercise. Better after regurgitation.

Doctor: have you taken any medications for it?

Patient: No, just my usual blood pressure medicine.

Doctor: has it been getting worse over the past 3 months?

Patient: Yes, the episodes last longer now.

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Doctor: Any palpitations?

Patient: No, I haven't noticed any.

Doctor: any history of acid reflux?

Patient: Yes, heartburn and reflux for over 10 years.

Doctor: do you take anything for it?

Patient: No, I haven't taken anything specific for it.

Doctor: does this feel different than the heartburn?

Patient: Yes, it's tighter and lasts longer.

Doctor: any radiation of the pain?

Patient: No, it doesn't spread anywhere else.

Doctor: any fever, chills, cough, runny nose, or sick contacts?

Patient: No, none of those.

Doctor: any recent change in activity or injuries?

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Patient: I've been less active recently due to stress. No injuries.

Doctor: what has been causing stress?

Patient: Work stress and recently out of a verbally abusive relationship.

Doctor: do you have a history of anxiety?

Patient: Not officially, but I do feel anxious about my health.

Doctor: can I get an EKG?

Patient: Sure, if you think it's necessary.

Doctor: do you feel light headed while exercising?

Patient: No, I haven't felt light-headed.

Doctor: what medications do you take?

Patient: I take Amlodipine 5mg once daily for blood pressure.

Doctor: any personal or family history of heart disease?

Patient: My father had hypertension and died from a heart attack in his 50s.

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Doctor: is the chest pain that worst right now that it has ever been?

Patient: No, it's not the worst it's ever been.

Doctor: is it worse at certain times of the day or when you lay down after a meal?

Patient: Yes, I've noticed it after large meals or when I lie down.

Doctor: It seems likely that you're having worsening of your heartburn but there also might be another problem with your esophagus that I think we should investigate further

Patient: Okay, I understand. What should I do next?

Doctor: I'd like to refer you to a specialist in throat disorders who can discuss doing further testing and perhaps doing a procedure where they look down into the throat

Patient: Alright, I can do that. Thank you for helping me figure this out.

Doctor: in the meantime, I think we should get you on stronger heartburn meds

Patient: That sounds good. I'll try whatever you recommend.

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Orders:

examine heart and lungs, EKG

Date and Time of Request: 2024-12-12 15:24:12

examine chest wall for tenderness

Date and Time of Request: 2024-12-12 15:23:55

obtain vital signs

Date and Time of Request: 2024-12-12 15:23:33

Results:

Results for New Orders:

Physical Examination Findings:

- Heart and Lungs Examination:

Heart: Regular rate and rhythm with no murmurs, gallops, or rubs.

Lungs: Clear to auscultation bilaterally with no wheezes, crackles, or rhonchi.

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Patient Case

- Date and Time of Examination: 2024-12-12 15:34:12

Heart and Lungs Examination:

- Heart: Regular rate and rhythm with no murmurs, gallops, or rubs.
- Lungs: Clear to auscultation bilaterally with no wheezes, crackles, or rhonchi.

Date and Time of Examination: 2024-12-12 15:34:12

EKG Results:

These results reflect the outcome of the specified examination and test orders given the clinical scenario described.

Physical Exam Results:

Chest Wall Examination Findings:

- Tenderness localized over the sternum and anterior chest wall. No swelling or visible abnormalities noted during palpation.

Vital Signs: