

## 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.

## Patient Case

Clinical Interview:

Doctor: can you describe the chest pain?

Patient: Chest pain. Tightness.

Doctor: location?

Patient: Under middle of chest.

Doctor: have you had this before?

Patient: Yes, for 3 months.

Doctor: does anything make it better or worse?

Patient: Worse with solid food and exercise after eating. Better when I regurgitate.

Doctor: Have you taken any medications for it?

Patient: No, just my blood pressure medicine.

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

Patient: Yes, episodes last longer now.

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Doctor: Any shortness of breath?

Patient: No, no shortness of breath.

Doctor: any palpitations?

Patient: No palpitations.

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 more painful.

Doctor: any radiation of the pain?

Patient: No, it doesn't radiate.

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

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Patient: No, none of those.

Doctor: any recent change in activity or injuries?

Patient: I used to run half marathons but have reduced activity 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: I feel anxious about my health, but no formal diagnosis.

Doctor: Can I get an ekg?

Patient: Sure, but I'm not sure what it will show.

Doctor: do you feel light headed while exercising?

Patient: No, I don't feel lightheaded when exercising.

Doctor: what medications do you take?

Patient: I take Amlodipine 5mg once daily.

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Doctor: any personal or family history of heart disease?

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

Doctor: is the chest pain the worst right now that it's ever been

Patient: No, it's about the same as before.

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

Patient: Yes, it's worse after large meals or when I lie down.

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Orders:

obtain vital signs

Date and Time of Request: 2024-12-04 18:47:51

examine for chest wall tenderness

Date and Time of Request: 2024-12-04 18:47:08

examine heart and lungs, EKG

Date and Time of Request: 2024-12-04 18:45:44

examine heart and lungs, EKG

Date and Time of Request: 2024-12-04 18:45:30

Results:

Vital Signs Results:

Physical Exam Findings:

Physical Exam Findings:

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

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- Lung Examination: Clear breath sounds bilaterally with no wheezes, rales, or rhonchi observed.

EKG Results:

Physical Exam Findings:

- Heart Examination: Regular rate and rhythm with no murmurs, gallops, or rubs detected.
- Lung Examination: Clear breath sounds bilaterally with no wheezes, rales, or rhonchi observed.

EKG Results: