POCKET MANUAL TO CASE TAKING

3rd Edition

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JAYPEE

Contents

1. Obstetric Case Proforma 1
2. Pediatric Case Proforma 7
3. Respiratory System Case Proforma 17
4. Cardiovascular System Case Proforma 28
5. Gastrointestinal System Case Proforma 38
6. Nervous System Case Proforma 49
7. Soft Skills 64

CHAPTER

3

Respiratory System Case Proforma

Name ……., Age ……., Sex ……
Address ……
Occupation ……
Socioeconomic status ……
Date of admission ……

PRESENTING COMPLAINT

…… ……
…… ……

HISTORY

History of Present Illness

- *Cough*
  - Onset, duration, progress
  - Episodes
  - Expectoration
  - Aggravating factors—seasonal, diurnal, postural
  - Relieving factors—rest, drugs.

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- *Expectoration*
  - Onset, duration, progress
  - Quantity—scanty/copious
  - Amount _____ mL/day, _____cups/day
  - Variation → diurnal, seasonal, postural
  - Color
  - Consistency
  - Foul smelling
  - Blood stained.
- *Hemoptysis*
  - Onset
  - Duration
  - Progress
  - Quantity, frequency of episodes
  - Fresh/altered.
- *Breathlessness*
  - Onset, duration, progress
  - Dyspnea — Grade….(1–4)
  - Orthopnea
  - Paroxysmal nocturnal dyspnea (PND)
  - Aggravating factors, relieving factors.

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- *Chest pain*
  - Onset
  - Duration
  - Progress, episodes
  - Site, type, lasting
  - Radiation
  - Aggravating factor….respiration
  - Relieving factor
  - Associated night sweats.
- *Wheezing*
  - Onset, duration
  - Progress—constant/intermittent
  - Inspiratory/expiratory
  - Aggravating factors—seasonal, diurnal, postural
  - Relieving factors—rest, drugs
  - Associated skin rashes
  - Dust, food allergy.
- *Fever*
  - Onset
  - Duration
  - Type
  - Associated chills and rigors
  - Diurnal variation
  - Night sweats.

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- *Rule out sinusitis*
  - History of nasal discharge
  - History of headache
  - History of recurrent cold
  - History of allergy to dust, pollen, etc
  - History of ear pain/discharge.
- *Rule out tuberculosis*
  - Cough with expectoration
  - Anorexia (duration)
  - Weakness
  - Weight loss (how much)
  - Low-grade fever with evening rise of temperature
  - Hemoptysis.
- *Rule out mechanical compression*
  - Dysphagia
  - Hoarseness of voice
  - Breathlessness
  - Puffiness of face
- *Rule out CNS involvement*
  - Seizures
  - Facial asymmetry
  - Peripheral neuropathy
  - Cerebellar signs

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- *Rule out CVS involvement*
  - Edema
  - Palpitation
  - Syncope.
- *Rule out renal causes*
  - Swelling of face
  - Oliguria
  - Color of urine.
- *Rule out abdominal causes*
  - Abdominal pain
  - Jaundice
  - Dysphagia
  - Diarrhea
  - Vomiting
  - Hiccups
  - Abdominal distension.

Past History

- Similar illness
- TB, DM, IHD, asthma, jaundice
- Childhood illness—whooping cough, measles, influenza.

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Family History

- Similar History of DM, TB, HT, IHD
- Parents marriage consanguineous
- Asthma, eczema.

Personal History

- Appetite
- Veg/Non-veg
- Bowel
- Bladder
- Alcohol—amount, duration
- Smoking—no(s), duration
- Sleep.

Menstrual History

- Menarche, LMP
- Regular, amount [no(s) of pads used]
- Associated pain.

Treatment History

From where, duration.

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GENERAL EXAMINATION

- Built and nourishment
- Conscious and cooperative
- Pallor, cyanosis, clubbing, jaundice
- Edema
  - Site—leg/medial malleolus
  - Pitting/nonpitting
  - Unilateral/bilateral
  - Sacral, facial.
- Lymphadenopathy
  - Site
  - Temperature, tenderness
  - Size, no(s), shape, surface
  - Consistency
  - Mobility/fixity, matted
  - Discharge.
- JVP
- Vital signs
  - Pulse—rate, rhythm, volume, character, vessel wall, R-F delay, peripheral pulses
  - BP in right upper arm in supine position
  - Respiration—rate, type (thoracoabdominal)
  - Temperature (98.4°F).

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RESPIRATORY SYSTEM EXAMINATION

Respiratory rate = .../ min

Upper Respiratory Tract

- Flaring of nose
- DNS
- Throat
- Tonsils
- Sinus tenderness.

Lower Respiratory Tract

Inspection

- Shape: Normal/barrel/flattened
- Bilateral movement (equal/not)
- Subcoastal angle: Normal (70°)/widened
- Dyspnea (intercostal withdrawing)
- Accessory muscles (involved/not)
- Trachea: Position
- Trail's sign
- Apex beat visible in ……

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- Suprascapular hollowing
- Infraclavicular flattening
- Suprascapular wasting
- Shoulder drooping
- Spine: Kyphosis/scoliosis/lordosis
- Visible scars/dilated veins/sinuses
- Chest expansion …cm (normal = 3–6 cm)
- Hemithorax .....(cm)
- Movements: Normal and equal/ decreased in …… area.

Palpation

- Temperature (equal/unequal) on both sides
- Local rise of temperature (if any)
- Trachea central
- Apex position
- Rib crowding (+/-)
- No…bony tenderness
- Vocal fremitis (compare all areas of both sides)
- No palpable rub, rhonchi, rales.

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Percussion

- Resonant/impaired/dull in right/left.
  - Supraclavicular/clavicular/infraclavicular area
  - Mammary area
  - Axillary/infra-axillary area
  - Suprascapular/interscapular/infrascapsular area.
- Upper border of liver
- Tidal percussion
- Shifting dullness
- Traube's area (normally resonant).

Auscultation

- Compare bilaterally and over all areas separately
  - Intensity of breath sounds (↑, ±, ↓)
  - Character of breath sounds
  - Vesicular/bronchial (Tubular/amphoric cavernous)
  - Adventitious sounds—crepitations/rhonchi (area)
  - Vocal resonance ↑, ±, ↓ (areas)
  - Coin test—hydropneumothorax
  - Succussion splash.

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ABDOMEN

- Hepatomegaly
- Splenomegaly
- Ascites.

CARDIOVASCULAR SYSTEM

- Apex beat …….. displaced/not
- S1, S2 normally heard.

CENTRAL NERVOUS SYSTEM

- No facial abnormality
- All reflexes are normal.

DIAGNOSIS

- Bilateral/unilateral
- Ranchi/wheeze/creps
- Bronchial breathing (area)
- Pleural effusion
- Hydropneumothorax
- Probably due to TB/post TB/infection/pneumonia.

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