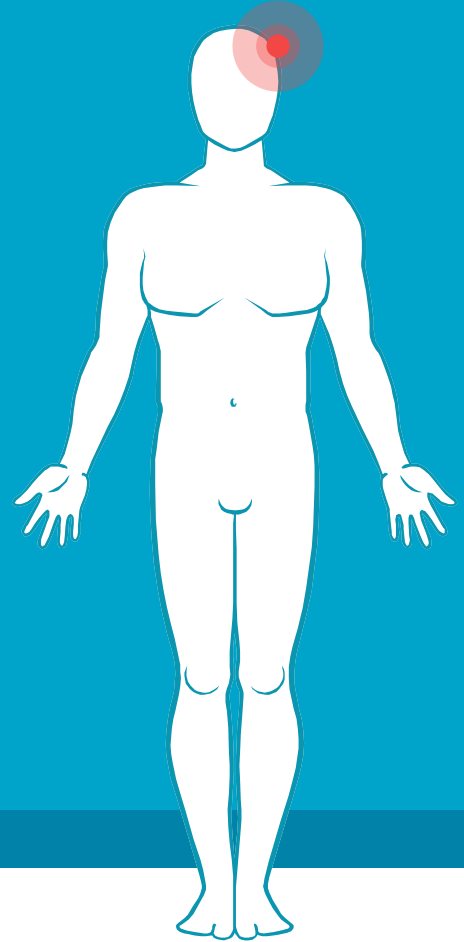


PATIENT ASSESSMENT



AGENDA

1

History Taking

2

Physical Assessment

3

Differential Diagnosis

4

Prescription Writing

5

Concluding Activity



*Would you rather lose
your sense of sight or
your sense of hearing?
Why?*



We all have *five* senses:



Each of these senses send signals to the brain and help us perceive the world around us.

With your group, come up with a story using **all five senses**. Be creative!

1.

INTRO TO PATIENT ASSESSMENT

What is Patient Assessment?

Process to learn about a patient's condition

Involves history-taking paired with a physical exam

Used by a variety of medical professionals (physicians, nurses, EMTs)

Why is Patient Assessment Important?

01

Provides insight into a patient's physical and mental status

02

Important for crafting a treatment plan to address patients' needs

03

Vital in emergency situations to appropriately care for patient

2. HISTORY TAKING

Order of History Taking

1. Chief Complaint
2. History of Present Illness
3. Past Medical History
4. Medications
5. Allergies
6. Family History
7. Social History
8. Review of Systems

Chief Complaint (CC)

Concise statement that describes the symptom, problem, diagnosis, or other reason for the patient encounter. Stated in a **patient's own words**.

Example: “I have an upset stomach, my knees ache, and I need refills on my pain pills.”



History of Present Illness (HPI)



Description of the **development** of the patient's present illness.

HPI is a **chronological** depiction of the progression of the patient's present illness from the first sign and symptom to the present.

SOCRATES Acronym

Letter	Aspect	Example Questions
S	Site	Where is the pain? Or the maximal site of the pain.
O	Onset	When did the pain start, and was it sudden or gradual? Include also whether it is progressive or regressive.
C	Character	What is the pain like? An ache? Stabbing?
R	Radiation	Does the pain radiate anywhere?
A	Associations	Any other signs or symptoms associated with the pain?
T	Time course	Does the pain follow any pattern?
E	Exacerbating / relieving factors	Does anything change the pain?
S	Severity	How bad is the pain?

Next Steps

- Past medical history
- Medications
- Allergies
- Family history
- Social history
- Review of systems

MJ THREADS

..... stands for

**Myocardial infarction,
Jaundice, Tuberculosis,
Hypertension, Rheumatoid
arthritis, Epilepsy,
Asthma, Diabetes, Stroke**



3. PHYSICAL ASSESSMENT

Physical Assessment

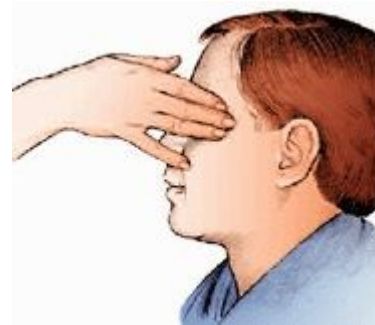
1. Inspection
2. Palpation
3. Percussion
4. Auscultation

Inspection

- **Inspect** each body system using vision, smell, and hearing to evaluate normal conditions and deviations
- **Assess** for color, size, location, movement, texture, symmetry, odors, and sounds

Palpation

- **Touch** the patient with different parts of your hands, using varying **degrees** of pressure



Light



Deep

Percussion

- Tapping fingers or hands **quickly** and **sharply** against parts of the patient's body
- **Locate** organ borders, **identify** organ shape and position, and determine if an organ is solid or filled with fluid or gas.



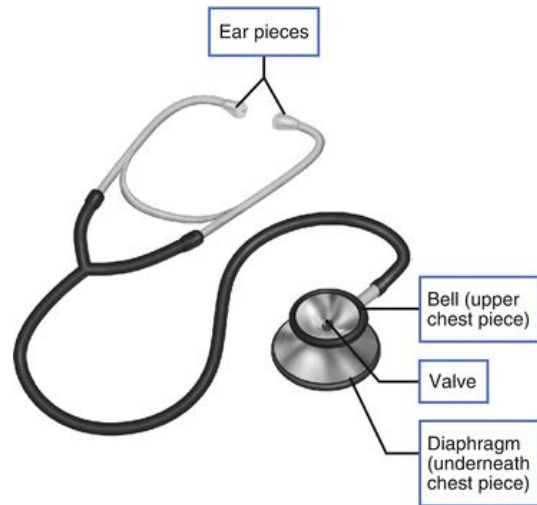
Direct



Indirect

Auscultation

- **Listening** for various lung, heart, and bowel sounds with a stethoscope



4. PRESCRIPTION WRITING

Prescription Writing

1. Patient Identifiers
2. Medication Information
3. Refills & Instructions
4. Physician Identifiers

Phone: 555-3752	DEA # AC1273628	DEA Number
Eva Adams, M.D. 298 Appleby Street Eden, NY 14057		Prescriber Information
Name <u>Laurel Hardy</u> Age <u>41</u>		Patient Information
Address <u>Abel St, Eden</u> Date <u>06/16/96</u>		Date Prescription was Written
Rx	Phenobarbital 0.075 Dimeticono 0.020 Magnesium Carbonate 0.050 m fl 212	Inscription (Medication prescribed)
Superscription (Meaning Recipe)	Sig 2 capsules tid and ho	Si qua (Directions for Patient)
Subscription (Instructions to Pharmacist)	Refill _____ <u>E. Adams</u> M.D.	
Special Instructions	THIS PRESCRIPTION WILL BE REPHILDED AUTOMATICALLY UNLESS PHYSICIAN WRITES "do not" IN THE BOX BELOW	
	<input type="checkbox"/>	
	Dispense as written	

1. Patient Identifiers

Phone: 555-3750 DEA# AC1273628 DEA Number

Eva Adams, M.D.
298 Appleby Street
Eden, NY 14057 Prescriber Information

Patient Information

Name Laurel Hardy Age 41
Address Abel St, Eden Date 06/16/96

Rx Phenobarbital 0.075
Pimethicone 0.020
Magnesium Carbonate 0.050

Superscription (Meaning Recipe)

m fl 212

Subscription (Instructions to Pharmacist)
Sig 2 capsules tid and ho

Refill _____ *E. Adams* M.D.

Special Instructions

THIS PRESCRIPTION WILL BE FILLED GENERALLY UNLESS
PRESCRIBER WRITES "do not" IN THE BOX BELOW

Dispense as written

Patient Identifiers include:

- First and last name
- Address
- Age
- Date of birth

2. Medication Information

Medication Information includes:

- Inscription
 - ◆ Name
 - ◆ Strength
 - ◆ Amount
- Signa
 - ◆ Route
 - ◆ Frequency

Phone: 555-3752	DEA# AC1273628	DEA Number
Eva Adams, M.D. 298 Appleby Street Eden, NY 14057		Prescriber Information
Patient Information		
Name <u>Laurel Hardy</u>	Age <u>41</u>	
Address <u>Abel St, Eden</u>	Date <u>06/16/96</u>	Date Prescription was Written
<p>Rx</p> <p><i>Phenobarbital 0.075</i></p> <p><i>Pimethicone 0.020</i></p> <p><i>Magnesium Carbonate 0.050</i></p> <p><i>m fl 212</i></p> <p><i>Sig 2 capsules tid and ho</i></p>		
Refill _____	<i>E. Adams</i> M.D.	Inscription (Medication prescribed)
<p>THIS PRESCRIPTION WILL BE FILLED COMPLETELY UNLESS PRESCRIBER WRITES "do not" IN THE BOX BELOW</p> <p style="text-align: center;">[]</p> <p style="text-align: center;">Dispense as written</p>		
Signa (Directions for Patient)		

Route		Frequency	
PO	By mouth	Daily	No abbrev.
PR	Per rectum	Every other day	No abbrev.
IM	Intramuscular	BID	2x / day
IV	Intravenous	TID	3x / day
ID	Intradermal	QID	4x / day
IN	Intranasal	QHS	Every bedtime
TP	Topical	Q4h	Every 4 hours
SL	Sublingual	Q4-6h	Every 4-6 hours
BUCC	Buccal	QWK	Every week
IP	Intraperitoneal		

3. Refills & Instructions

Phone: 555-3752 DEA# AC1273628

Eva Adams, M.D.
298 Appleby Street
Eden, NY 14057

Name Laurel Hardy Age 41
Address Abel St, Eden Date 06/16/96

Rx

<i>Phenobarbital</i>	<i>0.075</i>
<i>Pimethicone</i>	<i>0.020</i>
<i>Magnesium Carbonate</i>	<i>0.050</i>

m fl 212

Sig 2 capsules tid and ho

Refill _____ E. Adams M.D.

THIS PRESCRIPTION WILL BE REPLIED GENERALLY UNLESS
FURTHER WRITTEN "do not" IN THE BOX BELOW

Dispense as written

Superscription
(Meaning Recipe)

Subscription
(Instructions to Pharmacist)

Special
Instructions

Refills & Instructions
include:

- Subscription
 - ◆ Quantity of medication
 - ◆ Size of bottle
- Special Instructions
 - ◆ Refills

4. Physician Identifiers

Phone: 555-3752 DEA# AC1273628

Eva Adams, M.D.
298 Appleby Street
Eden, NY 14057

Name Laurel Hardy Age 41
Address Abel St, Eden Date 06/16/96

Rx

Phenobarbital 0.075
Pimethicone 0.020
Magnesium Carbonate 0.050
m fl 212

Sig 2 capsules tid and ho

Refill _____ *E. Adams* M.D.

THIS PRESCRIPTION WILL BE FILLED GENERALLY UNLESS
PHARMACEUTICAL WARES "da w" IN THE BOX BELOW

Dispense as written

DEA Number

Prescriber Information

Patient Information

Superscription (Meaning Recipe)

Subscription (Instructions to Pharmacist)

Special Instructions

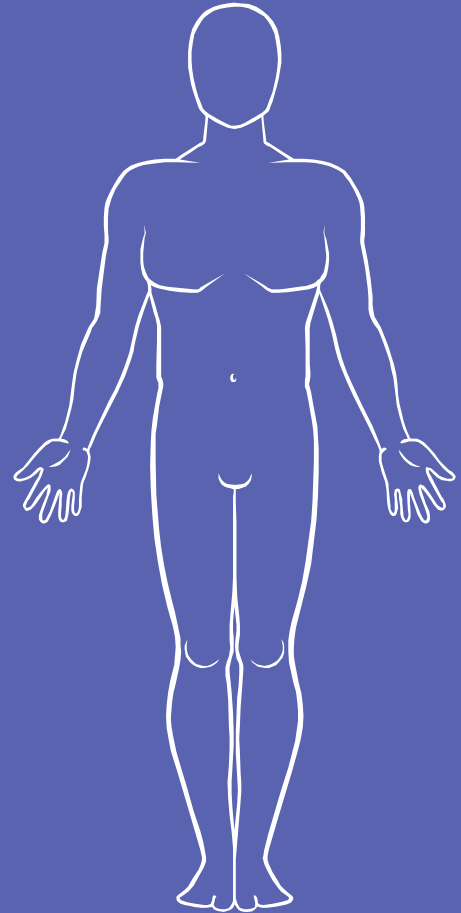
Physician Identifiers include:

- Physician information
 - ◆ Name
 - ◆ Address
- Physician identifiers
 - ◆ NPI number
 - ◆ DEA number

YOU TRY!

Dory has hypertension (high blood pressure) and needs a prescription for Vasotec. She needs to take 5 mg, twice a day. It comes in 5 mg tablets. She will need a six-month supply with refills for a year. Her address is 42 Wallaby Way, Scottsdale, AZ.

Write a prescription for Dory
using this sheet!



5. DIFFERENTIAL DIAGNOSIS

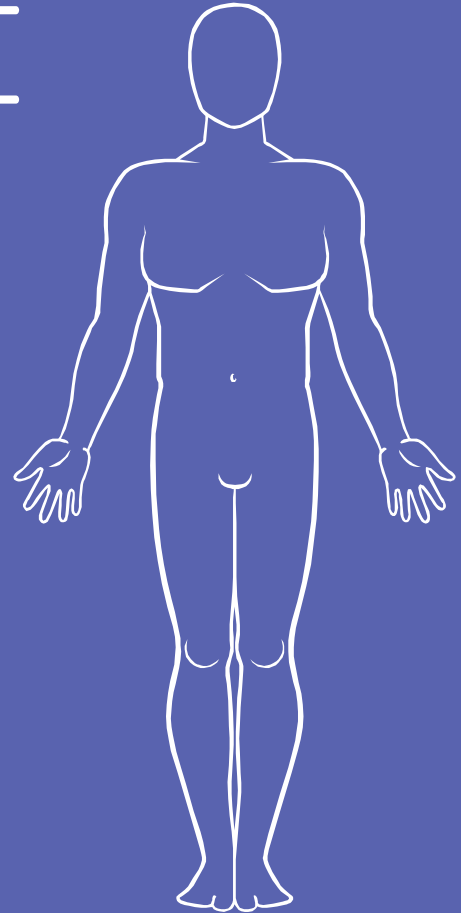
WHAT	A list of possible conditions that could cause symptoms
WHEN	Symptoms match more than one condition and additional tests are necessary before making an accurate diagnosis
HOW	<ol style="list-style-type: none">1. Initial Questions2. Health History3. Physical Exam4. Additional Tests

MEET MRS. DOUBTFIRE

Mrs. Doubtfire is a 74-year-old female and has come into your office, complaining of joint pain in her knees, morning stiffness, and swelling. She is a caretaker for her husband, who recently suffered a stroke, and helps take care of her grandchildren.

Patient Medical History

- Type II diabetes
- Osteoarthritis
- Breast cancer (benign)



Mrs. Doubtfire's Chief Complaint is fatigue.

Which differential diagnosis will you explore?

Mrs. Doubtfire is a 74-year-old female and has come into your office, complaining of joint pain in her knees, morning stiffness, and swelling. She is a caretaker for her husband, who recently suffered a stroke, and helps take care of her grandchildren.

Patient Medical History

- Type II diabetes
- Osteoarthritis
- Breast cancer (benign)

A. Caretaker Stress

B. Depression

C. Diabetes

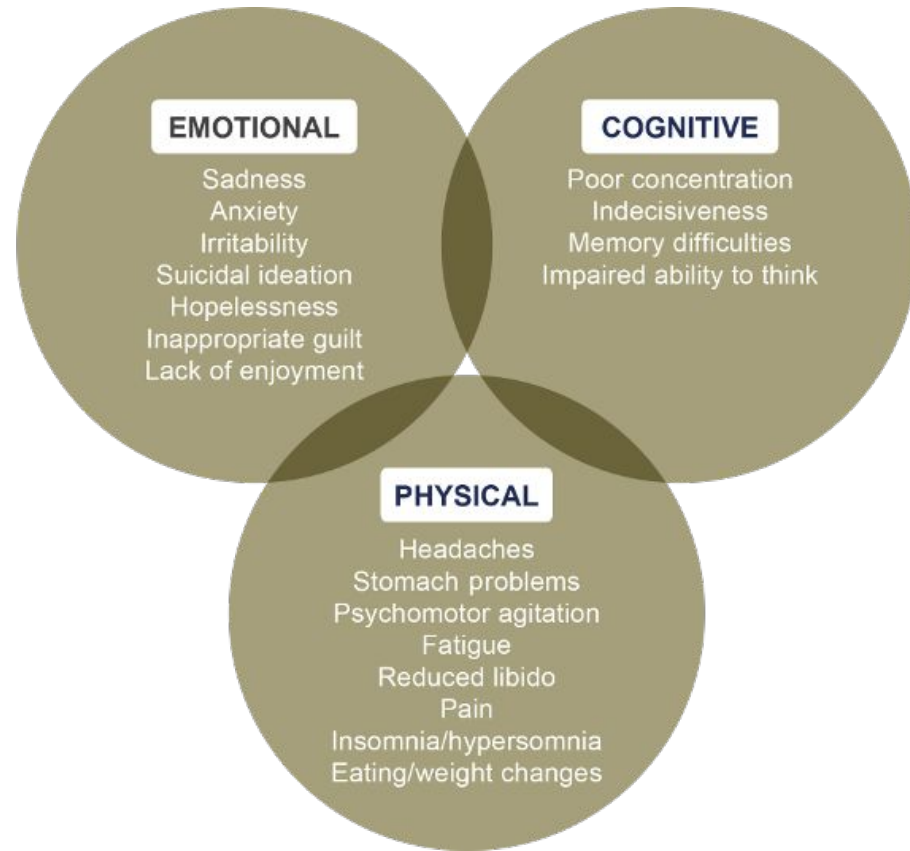
Caretaker Stress

- ▶ **What it is:** Stress due to the emotional and physical strain of
- ▶ **Risk factors:** Social isolation, high number of hours caregiving, living with person you are caring for



Depression

- ▶ **What it is:** A mood disorder that causes a persistent feeling of sadness and loss of interest that often interferes with your daily activities
- ▶ **Risk factors:** Chronic psychological stressors (i.e., family illness, caregiving responsibilities, etc.), multiple health conditions



Diabetes

- ▶ **What it is:** A chronic condition that impairs the way the body regulates and uses glucose, often resulting in high blood sugar levels
- ▶ **Risk factors:** Overweight, lack of physical activity, history of other diseases

What other diseases are strongly associated with diabetes?



What other diseases are strongly associated with diabetes?

HEART DISEASE

BLINDNESS

STROKE



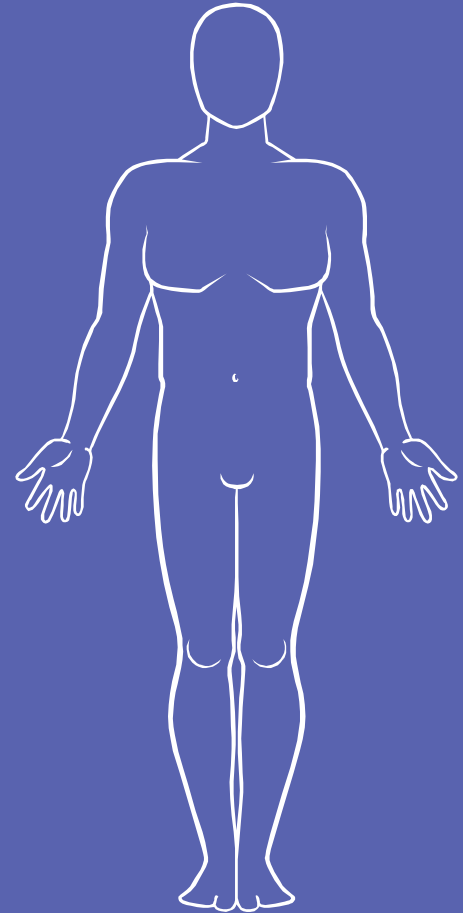
HYPERTENSION

GINGIVITIS

KIDNEY DISEASE

PHYSICAL EXAM

General	Weight gain; insomnia; fatigue
Respiratory	Productive cough in the morning; smoking
Musculoskeletal	Bilateral knee pain; reported pain of 5/10



Given these differential diagnoses, which plan of care will you choose?

A. Caretaker Stress

B. Depression

C. Diabetes

Given these differential diagnoses, which plan of care will you choose?

A. Caretaker Stress

- ▶ Provide external home services to assist with caregiver responsibilities
- ▶ Decrease Mrs. Doubtfire's anxiety

Given these differential diagnoses, which plan of care will you choose?

B. Depression

- ▷ Psychotherapy and social support
 - ▶ Cognitive behavioral techniques
 - ▶ Lifestyle management techniques
- ▷ Pharmacologic intervention
- ▷ Combination of psychological and pharmacologic interventions

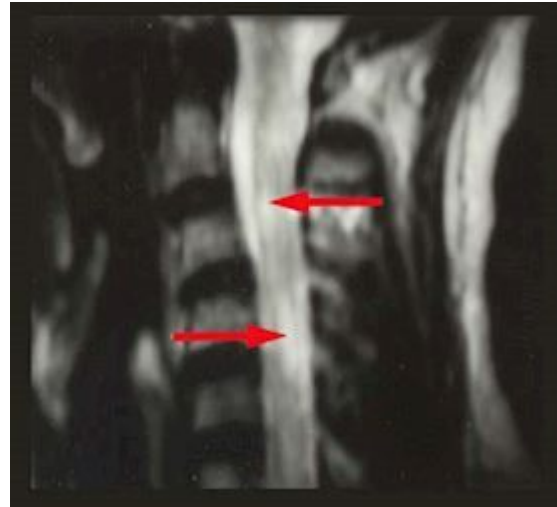
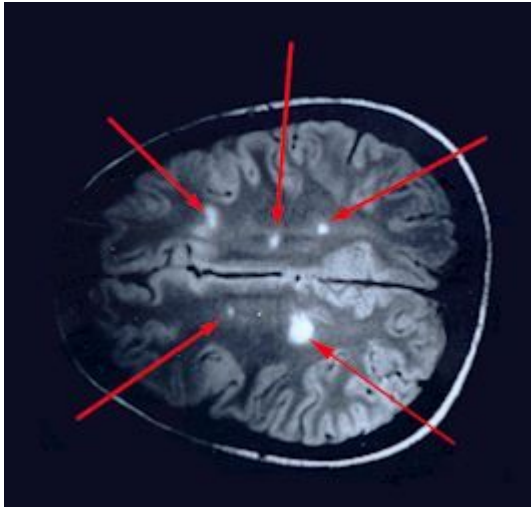
Given these differential diagnoses, which plan of care will you choose?

C. Diabetes

- ▶ Eat healthy, exercise, reduce stress
- ▶ Take Metformin 500 mg consistently
- ▶ Provide consults to nutritionist, ophthalmologist, and certified diabetes educator

Test Results

- ▶ The first test, a *lumbar puncture*, checked for elevated protein levels in the cerebral spinal fluid (CSF). Results showed an *increased* level of abnormal protein.
- ▶ Evoked potential testing showed a definite slowing of nerve impulses.
- ▶ **MRI Results:**



DISCUSS

What potential neurological disorder do you think Janet may be suffering from?

- ▶ Lyme Disease
- ▶ Lupus
- ▶ Multiple Sclerosis

