

History

Chest Pain

- 1) **Define:**
 - a) Location
 - b) Character
 - c) Radiation
 - d) Frequency/Pattern
 - e) Precipitants
 - f) Alleviators
- 2) **Related Symptoms/Signs:**
 - a) Diaphoresis
 - b) N/V
 - c) Jaw Pain
 - d) Left Arm Pain
 - e) Dizziness
 - f) Loss of Consciousness
 - g) Fainting (syncope)
- 3) **History Elements**
 - a) Hx of CAD or MI
 - b) Hx of HTN
 - c) Hx of Hyperlipidemia
 - d) Hx of DM
 - e) Family Hx of CAD

Headache

- 1) **Define:**
 - a) Location
 - b) Frequency/Pattern
 - c) Precipitants
 - d) Alleviators
- 2) **Related Symptoms/Signs:**
 - a) Dizziness
 - b) Loss of Consciousness
 - c) Fainting
 - d) Numbness/Tingling
 - e) Focal Weakness
- 3) **History Elements**
 - a) Hx of Headaches
 - b) Hx of Seizures

LE Edema

- 1) **Define:**
 - a) Frequency/Pattern
- 2) **Related Symptoms/Signs:**
 - a) Orthopnea
 - b) Paroxysmal Nocturnal Dyspnea
 - c) Chest Pain
 - d) Resting/Exertional Dyspnea
 - e) Cough
 - f) Sputum Production
 - g) Hemoptysis
- 3) **History Elements**
 - a) Hx of CHF
 - b) Hx of Pulmonary HTN
 - c) Hx of Lung Disease

Polyuria

- 1) **Define:**
 - a) Frequency/Pattern
- 2) **Related Symptoms/Signs:**
 - a) Weight Loss/Gain
 - b) Polydipsia
 - c) Hyperphagia/Anorexia
 - d) N/V
 - e) Abdominal Pain
 - f) Visual Changes
- 3) **History Elements**
 - a) Hx of DM
 - b) Family Hx of DM

Dyspnea

- 1) **Define:**
 - a) Resting vs exertional vs paroxysmal nocturnal
 - b) Frequency/Pattern
 - c) Precipitants
 - d) Alleviators
- 2) **Related Symptoms/Signs:**
 - a) Cough
 - b) Sputum Production: character?
 - c) Hemoptysis
 - d) Chest Pain
 - e) Fever/Chills
 - f) Weight Loss
 - g) Night Sweats
 - h) Wheezing
 - i) N/V/D
 - j) LE Edema
 - k) Paroxysmal Nocturnal Dyspnea
- 3) **History Elements**
 - a) Hx of Lung Disease
 - b) Hx of Asthma
 - c) Bronchodilator Use
 - d) Hx of Frequent Resp Infections
 - e) Hx of Pneumothorax
 - f) Family Hx of Lung Disease
 - g) Sick contacts

Depression

- 1) **Define:**
 - a) Frequency/Pattern
 - b) Precipitants
 - c) Alleviators
- 2) **Related Symptoms/Signs:**
 - a) Anorexia
 - b) Weight Loss
 - c) Overeating
 - d) Sleep Disturbance
 - e) Crying Spells
 - f) Loss of Interest in Activities
 - g) Loss of Social Network
 - h) ETOH/Substance Abuse
 - i) Suicidal Ideation or Intent
- 3) **History Elements**
 - a) Recent Life Losses (Job, etc.)
 - b) Hx of Depression
 - c) Hx of Antidepressant Use
 - d) Family Hx of Depression

Diarrhea

- 1) **Define:**
 - a) Character: watery vs bloody?
 - b) Frequency/Pattern:
 - c) Precipitants
 - d) Alleviators
- 2) **Related Symptoms/Signs:**
 - a) N/V
 - b) Weight Loss
 - c) Anorexia
 - d) Night Sweats
 - e) Melena
 - f) Hematochezia
 - g) Hematemesis
- 3) **History Elements**
 - a) Hx of Colon Cancer
 - b) Hx of Inflamm Bowel Dis
 - c) Hx of Irritable Bowel Syndr (IBS)
 - d) Recent travel
 - e) Sick contacts

Abdominal Pain

- 1) **Define:**
 - a) Character
 - b) Frequency/Pattern
 - c) Precipitants
 - d) Alleviators
- 2) **Related Symptoms/Signs:**
 - a) N/V/D
 - b) Weight Loss
 - c) Melena
 - d) Hematochezia
 - e) Hematemesis
 - f) ETOH or NSAID Use
 - g) Last BM
 - h) Fever/Chills
- 3) **History Elements**
 - a) Hx of Colon Cancer
 - b) Hx of Inflamm Bowel Dis
 - c) Hx of Irritable Bowel Syndr (IBS)
 - d) Hx of Prior Abdominal Pain

Dysuria

- 1) **Define:**
 - a) Character
 - b) Urinary Frequency/Pattern
 - c) Precipitants
 - d) Alleviators
 - e) Sensation of Incomplete Bladder Emptying
- 2) **Related Symptoms/Signs:**
 - a) N/V/D
 - b) Hematuria
 - c) Urine Odor
 - d) Urine Discoloration/Cloudiness
 - e) Fever/Chills
 - f) Abdominal Pain
 - g) Flank Pain
 - h) Pneumaturia
- 3) **History Elements**
 - a) Hx of UTI
 - b) Hx of Kidney Stones