

Clinical Review Course (RMC REF) History and Physical Cheat Sheet

History

Chief Complaint:

HPI: *Patient's description of what happened*

- *C - character*
- *O - onset*
- *L - location*
- *D - duration*
- *R - radiation*
- *E - exacerbators*
- *A - allieviators*
- *D - different / changed*

Past Medical History (include dates and doses):

- Past illnesses
- Injuries
- Hospitalizations
- Surgeries
- Allergies (and reaction type)
- Substance abuse
- Tobacco
- Diet
- Medications & Supplements

Family History:

- Mom
- Dad
- Siblings
- Other

Health Maintenance:

- Regular exams
- Exercise
- Screenings

Occupational & Environmental History:

Demographics: DOB, Sex, Race, who they live with

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Review of Systems	Circle Positives / Strike out Negatives
Constitutional symptoms	unexplained weight loss, night sweats, fatigue/malaise/lethargy, sleeping pattern, appetite, fever, itch/rash, recent trauma, lumps/bumps/masses, unexplained falls
Eyes	visual changes, headache, eye pain, double vision, scotomas (blind spots), floaters or "feeling like a curtain got pulled down" (retinal hemorrhage vs amaurosis fugax)
Ears, nose, mouth, and throat (ENT)	Runny nose, frequent nose bleeds (epistaxis), sinus pain, stuffy ears, ear pain, ringing in ears (tinnitus), gingival bleeding, toothache, sore throat, pain with swallowing (odynophagia)
Cardiovascular	chest pain, shortness of breath, exercise intolerance, PND, orthopnoea, oedema, palpitations, faintness, loss of consciousness, claudication
Respiratory	cough, sputum, wheeze, haemoptysis, shortness of breath, exercise intolerance
Gastrointestinal	abdominal pain, unintentional weight loss, difficulty swallowing (solids vs liquids), indigestion, bloating, cramping, anorexia, food avoidance, nausea/vomiting, diarrhea/constipation, inability to pass gas (obstipation), vomiting blood (haematemesis), bright red blood per rectum (BRBPR, hematochezia), foul smelling dark black tarry stools (melaena), dry heaves of the bowels (tenesmus)
Genitourinary	Irritative vs Obstructive symptoms: Micturition - incontinence, dysuria, haematuria, nocturia, polyuria, hesitancy, terminal dribbling, decreased force of stream Vaginal – discharge, pain, Menses - frequency, regularity, heavy or light (ask about excessive use of pads/tampons, staining of clothes, clots always indicate heavy bleeding), duration, pain, first day of last menstrual period (LMP), gravida/para/abortus, menarche, menopause, contraception (if relevant), date of last smear test and result
Musculoskeletal	pain, misalignment, stiffness (morning vs day long; improves/worsens with activity), joint swelling, decreased range of motion, crepitus, functional deficit, arthritis
Integumentary	pruritus, rashes, stria, lesions, wounds, incisions, acanthosis nigricans, nodules, tumors, eczema, excessive dryness and/or discoloration.
Neurological	Special senses - any changes in sight, smell, hearing and taste, seizures, faints, fits [disambiguation needed], funny turns, headache, pins and needles (paraesthesiae) or numbness, limb weakness, poor balance, speech problems, sphincter disturbance, higher mental function and psychiatric symptoms
Psychiatric	depression, sleep patterns, anxiety, difficult concentrating, body image, work and school performance, paranoia, anhedonia, lack of energy, episodes of mania, episodic change in personality, expansive personality, sexual or financial 'binges'
Endocrine	<ul style="list-style-type: none"> • Hyperthyroid: prefer cold weather, mood swings, sweaty, diarrhea, oligomenorrhoea, weight loss despite increased appetite, tremor, palpitations, visual disturbances; • Hypothyroid - prefer hot weather, slow, tired, depressed, thin hair, croaky voice, heavy periods, constipation, dry skin • Diabetes: polydipsia, polyuria, polyphagia (constant hunger without weight gain is more typical for a type I diabetic than type II), symptoms of hypoglycemia such as dizziness, sweating, headache, hunger, tongue dysarticulation • Adrenal: difficult to treat hypertension, chronic low blood pressure, orthostatic symptoms, darkening of skin in non-sun exposed places • Reproductive (female): menarche, cycle duration and frequency, vaginal bleeding irregularities, use of birth control pills • Reproductive (male): difficulty with erection or sexual arousal, depression, lack of stamina/energy
Hematologic/lymphatic	anemia, purpura, petechia, results from routine hemolytic diseases screening, prolonged or excessive bleeding after dental extraction / injury, use of anticoagulant and antiplatelet drugs (including aspirin), family history of hemophilia, history of a blood transfusion, refused for blood donation
Allergic/immunologic	"Difficulty breathing" or "choking" (anaphylaxis) as a result of exposure to anything (and state what; e.g. "bee sting"). Swelling or pain at groin(s), axilla(e) or neck (swollen lymph nodes/glands), allergic response (rash/itch) to materials, foods, animals (e.g. cats); reaction to bee sting, unusual sneezing (in response to what), runny nose or itchy/teary eyes; food, medication or environmental allergy test(s) results.

do not ask all of these! they are here just as examples!

Physical Exam

Vital signs:

General:

Head:

Eyes:

Ear, nose and throat:

Respiratory:

Cardiovascular:

Abdominal:

Genito-Urinary:

Extremities:

Neurological:

Psychiatric:

Skin:

Differential Diagnosis

include supporting and contradictory evidence

