

The Clinical Encounter And History Taking



Good Communication

Helps you:

- understand the patient as a whole.
- build trust between you and your patient.
- to agree on management goals.

Poor Communication

- Leads to patient dissatisfaction.
- Misunderstanding.
- Complaints.



Talking With Patients

Setting up:

- -choose a quite, private place.

May not be available!

Take enough time

- As a student take **AT LEAST 30 minutes.**

- Be **professional** in dress and behavior to give a good first impression.
- Introduce yourself.
- Shake hands *if culturally appropriate*.

- Ask the patient about the **MAIN** problem
- Listen **ACTIVELY**
- Start with **OPEN** questions
- Observe patient's body language

Example

- Tell me **MORE** about your chest pain **(open question)**.
- Was your pain severe? **(closed question)**
(yes or no questions)
- *You start with open questions, then to get the details you ask closed questions afterwards.*

- Have **empathy** understanding what your patient is going through.

Empathy ≠ **Sympathy**

- Sympathy is the expression of sorrow.

Sensitive Questions Guidelines

- Respect patient privacy
- Be direct and firm
- Be nonjudgmental
- Use appropriate language
- Document carefully
 - Use patient's words as possible

Confirmation

Clarifying

Ex: “What do you mean by *dizziness*?”



The History

What is it?

- Patient interview in systematic way to:
Record and find out the necessary medical
information

Why is it important ?

- Helps in reaching the diagnosis
- Helps in formulation treatment plan
- Evaluates disease progression / regression
- Medico-Legal record

Complete History Taking

- Patient profile
- Chief complaint
- History of present illness
- Past medical and surgical history
- Systemic enquiry
- Family history
- Drug and allergy history
- Social history

- The patient's profile:
- Name:(الاسم الثلاثي)
- Full and accurate , **Why ?**
- Communicate with patient
- Medico-legal aspects

- Age:
- Or date of birth , why ?
- Certain diseases correlated with age
- Management according to age

The patient's profile:

- Patient's name , age , marital status , address , job.
- Source of history : patient , relative..
- Source & time of referral/admission.
- Who took the history.
- Date & time of history taking.





Example

- Mrs. Laila Ahmad Isam is a 34 year-old married lady.
- She works as a teacher and lives in al-Zarqa city.
- She was admitted on the 2nd of July 2020 on 3:15 a.m. through the ER.
- History was taken from the patient herself by me _____, 4th year medical student on the 4th of July 2020 at 10:00 a.m.

- Chief complaint:

- The **major problem** in the patient's own words plus its **duration.** (**prior to admission**)
- Use patient's words
- avoid medical terminology.

Examples

 Use 	 Don't use 
Difficulty in swallowing	dysphagia
Shortness of breath	dyspnea
Abnormal movement	Seizure
Chest pain	angina

Many complaints ??

- Use the first symptoms that caused patient to seek medical advice
- Or the most concerning symptom to the patient

History of present illness

- It is the analysis of the presenting complaint .
- The patient was doing well until.. **OR**
- The patient was relatively doing well until

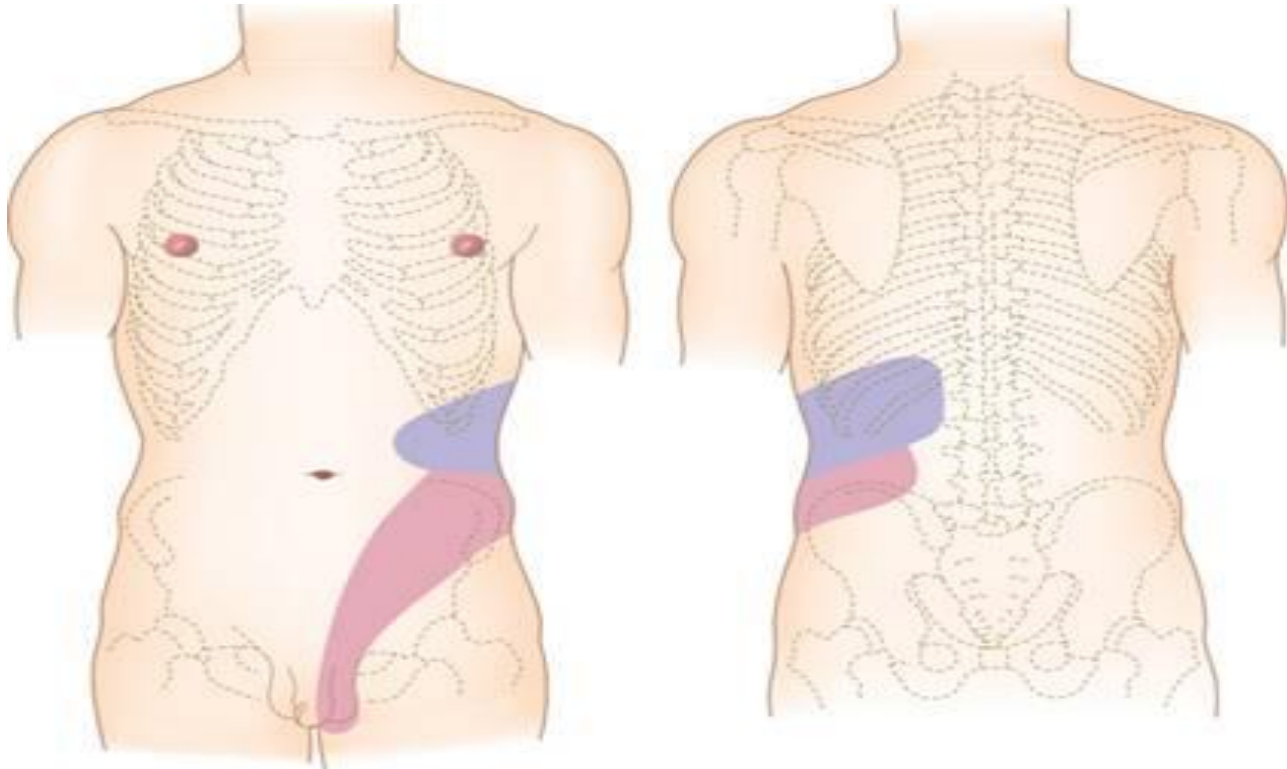
PATIENT'S OWN WORDS !

Characteristics of pain (SOCRATES)

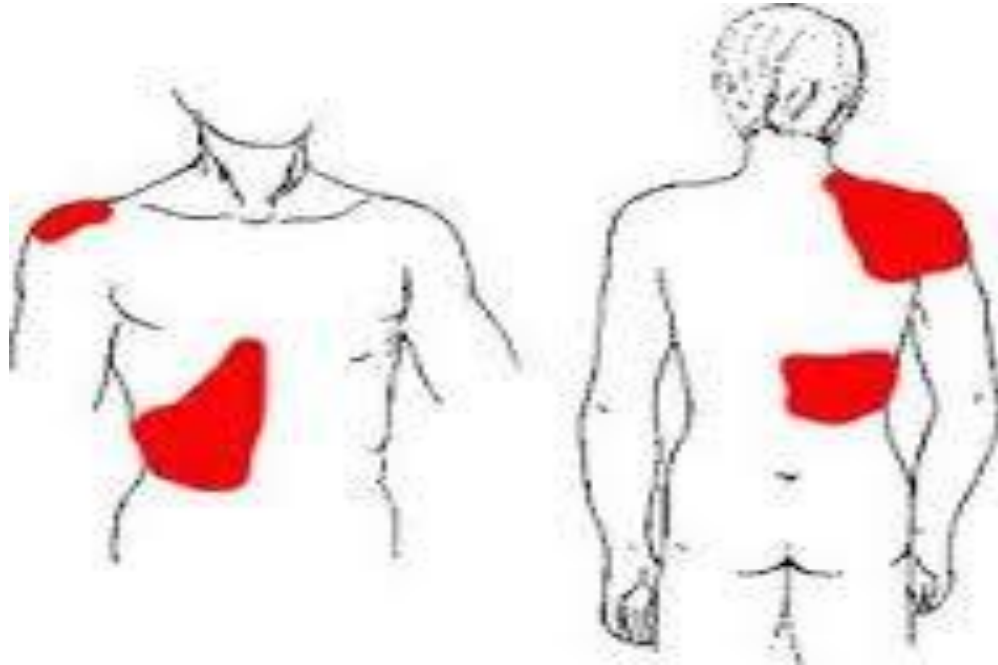
- Site
- Onset (sudden v.s. gradual)
- Character : sharp , dull , burning , stabbing, crushing
- Radiation : local extension , referred pain

- Referred pain : pain perceived at a location other than the site of the painful stimulus . It is a result of interconnecting sensory nerves that supplies many different tissues.
Ex: diaphragmatic pain at the shoulder tip via the phrenic nerve(c3 ,c4)

Radiating pain



Referred pain



- Associated symptoms(A at the last)
- Timing : duration , course , pattern
 - **Duration**: of each attack
 - **Course**: evolution of pain during the attack
(progression vs regression)
 - **Pattern**: episodic vs continuous
 - If episodic , duration and frequency of attack
 - If continuous , any change in severity
 - **Relation to time of day/night**.
(e.g. every 15 minutes then none at night)

- Exacerbating & relieving factors :
exertion , rest , posture , food , medications.
- Severity (grade 0-10).

- For any complaint ask about previous history of the same complaint.
- Effects on lifestyle : work , money, relationships.

- ***Negative information should be included if they contribute to the diagnosis or help exclude other possibilities***



Review of Systems

General health :

- Well being , appetite , weight change , energy , sleep, mood.

Cardiovascular system:

- Chest pain on exertion (angina)
- Shortness of breath :
 - -Lying flat (orthopnoea)
 - - At night (PND) paroxysmal nocturnal dyspnea.
- Palpitations
- Pain in legs on walking (claudication)
- Lower limb swelling

Respiratory

- Shortness of breath
- Cough
- Wheezing
- Sputum production
- Blood in sputum (hemoptysis)
- Chest pain

GI

- Mouth (oral ulcers)
- Difficulty swallowing (dysphagia)
- Painful swallowing (odynophagia)
- Nausea & vomiting
- Vomiting blood (hematemesis)
- Heart burn
- abdominal pain
- Change in bowel habits

Genitourinary

- Pain passing urine (dysuria)
- Polyuria (passing large amounts)
- Frequency passing urine (at night called nocturia)
- Blood in urine (hematuria)
- Incontinence
- Poor stream
- Erectile dysfunction (in men)

Nervous System

- Headache
- Dizziness(vertigo , lightheadness)
- Faints (اغماء)
- Fits
- Altered sensation
- Weakness
- Visual & hearing disturbance
- Memory & concentration changes

Musculoskeletal

- Joint pain , stiffness & swelling
- Mobility
- falls

Endocrine

- Heat or cold intolerance
- Sweating
- Excessive thirst (polydipsia)

Past History

Past medical history:

- Chronic illness
- Previous hospital admissions
- History of blood transfusions
- Past procedures (endoscopies, bronchoscopies, cath)

Past surgical history:

(date, hospital, emergent or elective, complications)

Past gynecological & obstetric history:(5th year)

- Number of pregnancies & complications , types of deliveries & complications .
- Menstrual cycle (Last menstrual period, age of menarche, regularity , length , amount , pain)
- contraception.

Drug History

- Ask about prescribed medications(indication),illegal drugs and over the counter drugs (analgesics , vitamins, laxatives, herbs). Write the generic name.
- Dose, frequency & duration of treatment.
- Side-effects.
- Compliance.

drug	dose	duration	Indication	Side effects
Clopidogrel	75 mg daily	5 years	After myocardial infarction	none

- Adherent(taking drugs but not necessarily understanding why)
vs.
Concordant (taking the drug and understanding why)

**Allergy

- Drugs
- Foods
- Seasonal

Family History

- Document familial diseases (cancer , IHD , asthma, syndromes)
- age of death in first degree relatives (parents , siblings & children)
- pedigree chart.

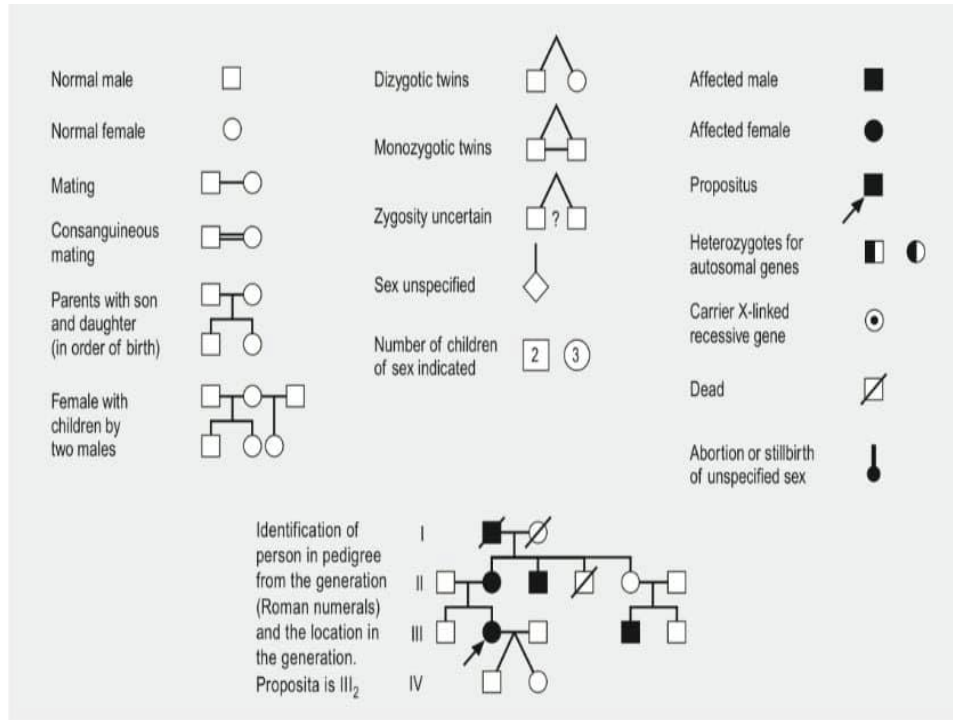


Fig. 2.1 Symbols used in constructing a pedigree chart, with an example. The terms 'propositus' and 'proposita' indicate the man or woman identified as the index case, around whom the pedigree chart is constructed.

Social History

- Occupation ; current & previous (exposure to hazards : chemicals , dust , asbestos)
- Marital status , relationships , sexual history
- Type of home , stairs
- Pets
- Smoking (cigarettes , cigars , pipe) duration & amount expressed by pack years , passive smoking
- Alcohol
- Travel history

Calculating pack years

- 1 pack of cigarettes = 20 cigarettes

$$\frac{\text{\# of cigarettes smoked X per day \# of years smoking}}{20}$$

Example: (30 cigarettes X 10 years)/20 =
15 pack years.

- Report alcohol consumption in units.
- 1 unit of alcohol = 10 ml of pure ethanol.



- %Ethanol in beer = 4%.
- % Ethanol in wine = 12 %.
- %Ethanol in spirit = 40 %.

- Calculate units based on the ethanol concentration.
- E.g., 500 ml of 4% beer alcohol
= 20 ml pure ethanol
= 2 units

- E.g., 300 ml of wine alcohol
= 12% * 300
= 26 ml pure ethanol
= 2.6 units

Ending

- Summarize the findings
- Examine the patient
- Find a diagnosis or list differential diagnoses.

Thank
You

"يجب أن يكون في داخل كل طبيب
عالم صغير يفكر ويحلل و يستنتج"

