

Medicine Hx- Cardiovascular System

History of “Ankle swelling (Edema)”

A. Overview*:

Edema is accumulation of fluid in the interstitial space between cells.

Causes :

- Increased permeability.
- Increased Intravascular pressure: volume overload, Venous or lymphatic obstruction, Decreased oncotic pressure (Albumin)



B. Differential diagnosis:

DDx	What support this diagnosis
“Cardiovascular”	
Congestive Heart Failure	Risk factors: Smoking, Obesity, Hypertension Typical Symptoms: Shortness of breath, Orthopnea, PND
Varicose veins (venousstasis)	Risk factors: History of DVT Long periods of sitting or standing. Typical Symptoms and signs: Swelling of the lower leg with aching Skin changes Complications: Venous ulcer
“Renal”	
Nephrotic Syndrome	Risk factors: HTN , Diabetes , SLE , Drugs Typical Symptoms: Proteinuria. Hypoalbuminemia, Hyperlipidemia Edema (from pedal edema to periorbital to anasarca , ascites) Complication: Renal failure
“Gastrointestinal”	
Liver Cirrhosis	Risk factors: Alcohol , Hepatitis B and C Typical Symptoms and Complication: Ascites ,Portal HTN,Esophageal varices

C. Questions to ask the patient with this presentation

Questions	What you think about ... !
"Site ,Onset ,Duration"	
When did the swelling begin?	
Unilateral or Bilateral?	If it unilateral – deep venous thrombosis
Continuous or intermittent?	
Progressive or constant?	
The level?	To the ankle, below the knee, the middle of the thigh, the abdomen, or the sacrum in bed ridding patients. If it affects the face think of nephrotic syndrome
Is there any skin discoloration?	Skin erythema in DVT
Is there any joint pain? (if yes worse with movement or rest)	
Does it worsen at end of the day?	If Yes – CHF , No lymphoedema
" Risk factors"	
What types of food do you eat?	Because of excessive sodium in some types of food
Do you feel tired or have dry skin, coarse hair , or intolerance to cold ?	Hypothyroidism
Do you have marked weakness or stretch marks on the abdomen?	Coushing's syndrome
Have you had Diarrhea?	Protein-losing enteropathy (lead to decrease in oncotic pressure)
Do you take any medication? (e.g. : ACE inhibitor , Calcium channel blockers , steroids)	(ACE inhibitors and calcium channel blockers are vasodilators - Steroids lead to sodium and water retention)
Do you have a history of cancer?	Lymphatic obstruction
Do you smoke?	
Have you had a shortness of breath?	For CHF
Have you had cardiac diseases?	
Have you been in prolonged state of immobility?	For varicose veins and DVT
Have you noticed prominent veins on your legs?	
Have you noticed foamyurine?	
Do you have a history of kidney disease?	For Nephrotic Syndrome
Do you have diabetes or HTN ?	
Do you drink alcohol?	
Have you had liver disease?	For liver Cirrhosis

D. Systematic Review: Go to Medicine – Hx – “General” topic!

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