

Medicine Hx - Cardiovascular System

History of “Dyspnea”

A. Overview:

Dyspnea is often defined as an unexpected awareness of breathing. It occurs whenever the work of breathing is excessive, but the mechanism is uncertain.

It is probably due to a sensation of increased force required of the respiratory muscles to produce a volume change in the lungs, because of a reduction in compliance of the lungs or increased resistance to air flow.

B. Differential diagnosis:

DDx	What support this diagnosis?
Chronic	
“cardiovascular”	
Ischemic heart disease	Risk factors: DM, smoking, HTN, male, old Typical Symptoms: chest pain, dyspnea
Valves(regurgitation, Stenosis, infection)	Risk factors: Advancing age, congenital heart problems, rheumatic fever Typical Symptoms: feeling dizzy or too weak to perform your normal activities.
“Pulmonary”	
asthma	Risk factors: Presence of allergies for food or environmental, Family history of asthma or allergies, Frequent respiratory infections, Low birth weight, Exposure to tobacco smoke, Presence of eczema, a chronic skin condition. Typical Symptoms: Coughing, especially at night, Wheezing, Shortness of breath, Chest tightness, pain, or pressure
Acute	
PE	Risk factors: prolonged immobilization, hypercoagulability, birth control pills, estrogen, Pregnancy, smoking, DVT, Trauma to the lower leg
Spontaneous pneumothorax	Risk factors: Smoking, COPD, Mechanical ventilation.

C. Questions to ask the patient with this presentation.

Questions	What you think about ... !
Risk factor & associated disease :	
History of cardiac problems:	CHF
Smoking:	COPD, CAD, Lung cancer
Occupation:	Asbestos, Hypersensitivity pneumonia, Asthma (chronic)
Period of prolonged immobilization	PE
Cancer or weakness in the lower extremity	
Birth control pills or estrogen	
DM, HTN, high cholesterol	CAD , cardiomyopathy
Family history of CAD? Age?	CAD
Weight loss, night sweats or fatigue	Lung cancer
Any other medical problems	Rheumatic disease , SLE
Travelling in past year	TB, other infections
Allergies to food ,insects	Anaphylaxis
New drugs	Allergic reaction ,angioedema
Quality:	
Is your chest tight, or does it take an increased amount of effort to breath	Asthma, IHD
Rapid or shallow breathing	Interstitial lung disease
Breathing only get heavy with activity	Deconditioning , anemia , pulmonary diseases
Feeling of closing throat or air can't get all the way to lungs	Panic disorder
Modifying symptoms:	
Increase when lying flat	CHF
Increase when lying on one side	Unilateral pleural effusion ,CHF (prefer the left side)
Exercise before the dyspnea	Exercise induced asthma, cardiomyopahty
Associated symptoms:	
Chest pain	MI, Spontaneous pneumothorax, PE, cardiac tamponade, pericarditis
Itching or hives? Lips or tongue swelling?	Anaphylaxis
Fever	Acute pneumonia , acute PE , chronic pneumonia, inflammatory interstitial lung disease
cough	Asthma, Acute pneumonia, aspiration, GORD, PE ,COPD, interstitial lung disease, flash pulmonary edema
Swelling in the legs or abdomen	DVT with PE, cardiomyopahty ,pericardial disease severe right heart failure
Fainting spells	Primary or secondary pulmonary hypertension
Rashes or joint pain	interstitial lung disease associated with systemic inflammatory condition(eg,sarcoidosis)
Weakness in the arms or legs or difficulty speaking or swallowing	Aspiration (stroke, myasthenia gravis)
Numbness or tingling in the fingertip? Sense of impending doom or extreme fear?	Panic attack , anxiety disorder

D. Review of symptoms related to the system of interest.

Cardiac System	Respiratory System
Chest pain	cough
Ankle swelling	sputum
Palpitation	hemoptysis
Syncope	wheezing
Intermittent claudication	chest pain
Fatigue	fever
-----	night sweats
-----	hoarseness
-----	hyperventilation

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

432 OSCE TEAM

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