



History & Physical Examination of Cardiovascular system

Medicine Hx - Cardiovascular System

History of “Palpitation”

1- Chief Complaint: “Palpitation”	
Question	Answer → Indication.
a. Duration	
When did you first notice? How long did it last?	
b. Onset	
Did it come suddenly or gradually?	1. Instantaneous onset → (SVT, VT) 2. Gradual → (Sinus Tachycardia)
Is the palpitation continuous or intermittent?	<ul style="list-style-type: none"> • Fast & Regular (SVT, VT) • Fast & Irregular (AF) • Not Fast BUT Forceful & Regular (anxiety) • Slow palpitations are likely to be due to drugs such as beta-blockers <ul style="list-style-type: none"> • Intermittent (SVT, VT) Continuous (Anemia, Anxiety, Valve disease)
Was the heartbeat felt as fast, slow, or some other pattern?	
Was it regular or irregular? <i>*(Ask the patient to tap out the rhythm with his finger)</i>	
If it is irregular, is this the feeling of normal heartbeats interrupted by missed or strong beats? Or is it completely irregular?	

c. Aggravating & Relieving Factors

Is there any relationship to eating or drinking (particularly tea, coffee, wine, chocolate)?	Dropped or missed beats related to rest, lying down, or eating are likely to be atrial or ventricular ectopic
Is it faster than it ever goes at any other time, e.g. with exercise or rest?	
Was the patient able to stop the palpitations somehow? <small>*(Often, people discover they can terminate their palpitations with a vagal maneuver, such as a Valsalva maneuver "holding breath", a cough, or swallow)</small>	If it was terminated by holding breath (SVT)

d. Associated symptoms

Have you lost consciousness (Syncope) during an episode?	Syncope or dizziness → VT
Chest pain, shortness of breath, nausea, ankle swelling, Intermittent claudication	Associated symptoms suggesting hemodynamic compromise
Polyuria?	Polyuria → SVT

2- Differential diagnosis

a. Arrhythmias “Management: B-Blockers or Digoxin”

Ectopic Beats (Atrial or Ventricular)	Typical Symptoms: (same arrhythmic symptoms) <ul style="list-style-type: none">• Missed beat followed heavy or strong beat• Palpitation worse at rest
SVT “Supra-Ventricular Tachycardia”	Typical Symptoms: Strong, fast, regular heart beat , Polyuria
AF “Atrial Fibrillation”	Typical Symptoms: Fast, irregular heartbeat (irregularly irregular pulse) Complication: 1- Stroke 2- Systemic embolism
VT “Ventricular Tachycardia”	Risk factors: Electrolyte disturbance (hypokalemia, hypomagnesaemia, hypocalcaemia) Typical Symptoms: Fast, regular heartbeat Complication: Sudden death (Rarely)
Atrial Flutter	Risk factors: Open heart surgery Typical Symptoms: Fast, irregular heart beat

b. Other

Hyperthyroidism

Risk factors: Family history of thyroid condition

Typical Symptoms: Palpitations, tremors, Irritability, emotional liability
Dyspnea, fatigue

Complication: Atrial fibrillation, Thyroid storm (Thyrotoxic crisis)

