



History & Physical Examination of Cardiovascular system

Fatigue

History:

1- Chief Complaint: "Fatigue"	
Questions	Indication
Duration:	
* When did it start?	
Onset: "How it started"	
• Is it sudden or gradually ?	
Course:	
* <u>Is it stable?</u> / <u>Does it get any better?</u> / <u>Does it get any worse?</u>	
Character:	
* What do you mean by tiredness/fatigue?	
Alleviating factors\ Exacerbating factors	
* What makes it better ?	
* What makes it worse ?	
Severity:	
* How sever it is? * Does it impact on your daily life? How?	

Red Flags:

- * Do you have:
 - Fever?
 - Night sweating?
 - Weight loss?
 - Loss of appetite?

Systemic Review:

- * Do you have:
 - Tremor?
 - Headache?
 - Blurred vision?

For CNS.

- * Do you have:
 - Chest pain?
 - Palpitation?
 - Ankle swelling?
 - Orthopnea?

For CVS.

- * Do you have:
 - Cough?
 - Shortness of breath?

For Respiratory.

- * Do you have:
 - Abdominal pain?
 - Vomiting?
 - Nausea?
 - Diarrhea/Constipation?
 - Melena?

For GI.

- * Do you have:
 - Polydipsia.
 - Neck swelling.
 - Dry skin.
 - Hair loss.
 - Nipple discharge.
 - Loss of libido.

For Endocrine.

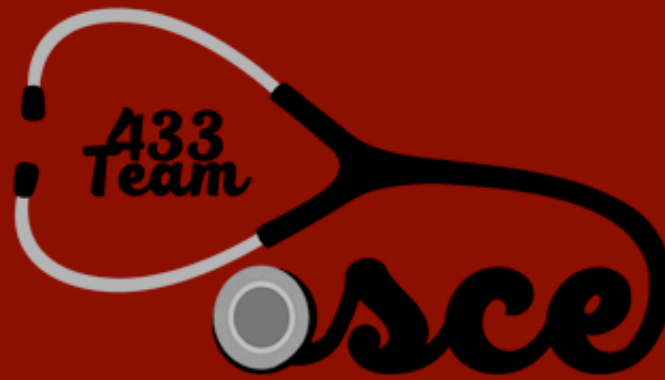
<ul style="list-style-type: none"> • Cold intolerance. 	
<ul style="list-style-type: none"> * Do you have: <ul style="list-style-type: none"> • Depression. • Sadness. • Frequent crying episodes. 	Psychological.

DIFFERENTIAL DIAGNOSIS	
	• Anaemia
	• Diabetes mellitus
	• Thyroid dysfunction
	• Chronic heart disease
	• Cancers
	• Depression

Management

Treat the underlying cause.

In General	
1. Lifestyle modification	2. Pharmacological therapy:
<ul style="list-style-type: none"> • Sodium restriction. 	<ul style="list-style-type: none"> • Diuretics
<ul style="list-style-type: none"> • Weight loss. 	<ul style="list-style-type: none"> • ACE inhibitors
<ul style="list-style-type: none"> • Smoking cessation and restrict alcohol use. 	<ul style="list-style-type: none"> • B blockers
<ul style="list-style-type: none"> • Exercise programme. 	



Done By :

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