



History & Physical Examination of Gastrointestinal system

Heartburn & Acid regurgitation

- + Heartburn refers to the presence of a burning pain or discomfort in the retrosternal area. Antacids usually relieve the pain, at least transiently.
- + Odynophagia is painful swallowing, in the mouth or esophagus.

❖ In Hx of **HEARTBURN** you have to ask the patient about:

- Site and traveling upward
- Onset and duration.
- Retrosternal burning pain or discomfort (Character).
- Relation to foods (mention the type of food).
- Relation to change in position: bending, stooping, or lying supine.
- Precipitating, aggravating, and relieving factors.
- Association with bitter or sour tasting coming up to the mouth (i.e. acid regurgitation).
- Association with excessive salivation (i.e. water brash).

Chief Complain : Heartburn & Acid regurgitation	
Question to ask about	Indications
Site	
Where do you feel the pain?	Burning retrosternal pain radiating up towards the throat strongly suggest GERD
Onset and duration.	
When did it start?	
How often does this occur?	More than once a week suggests GERD
Is it Gradual or sudden / constant or intermittent?	

How long does it last?	
Character	
What is the pain like? Can you describe it for me?	Sharp, burning, tightening.
Radiation	
Does the pain radiate across your chest down your left arm or into your jaw?	Suggests myocardial ischemia
Relation to foods & change in position	
Does your heartburn occur after meals or when you lean forwards or lie flat in bed?	Typical of acid reflux
Exacerbating/relieving factors	
Is the pain relived by anti-acids drugs or drinking milk?	The pain will be relieved by drinking milk for a short time but it will make the pain worse after. Typical of acid reflux
Is taking of those will make the pain better or worse?	Chocolate, alcohol, a fatty meal, citrus fruit, coffee may aggravate GERD
Medications	Theophylline, calcium channel blockers and anti-cholinergic drugs lower (lower esophageal sphincter) pressure and worsen the symptoms.
Association with other symptoms	
Do you experience suddenly feeling bitter-tasting fluid in your mouth?	(Acid regurgitation; typical of acid reflux)
Have you experienced the sudden appearance of a salty tasting or tasteless fluid in your mouth? or excessive salivation?	(Waterbrash, not GERD)

Have you been troubled by a cough when you lie down?	Nocturnal asthma
Have you had trouble swallowing? Have you had painful swallowing?	Heartburn can present with achalasia Odynophagia: as it can complicate esophagitis caused by chronic GERD
Did you noticed any changes in your voice?	Hoarseness (As GERD can cause laryngitis)
Fever, weight loss, loss of appetite, night sweat	
Past Medical & Surgical History	
Do you have previous history of surgery procedures or hospital admissions?	
Drug History	
What medications are you taking?	
Family History	
Does anyone of your family members have similar problem?	
Social History	
Do you smoke?	
Do you drink alcohol?	
Systemic Review	



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