



COMM 311

Non-Communicable Diseases Tutorial

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Case 1

Abdullah a 44-year-old man came to you for help as he is thinking to quit smoking.

- BMI 27 and BP 136/84
- Take a history and how are you going to counsel him to quit smoking?

Case 2

Mona a 46-year-old woman came to check some results. She is totally asymptomatic.

- BMI 31 and BP 124/75
- Fasting plasma glucose: 8.4 mmol/L (151 mg/dl)
- 2 hours post prandial: 13.7 mmol/L (247 mg/dl)
- HbA1C: 8.4 %
- Take a history and how are you going to manage her?

Case 3

You are seeing Mrs. Bakar, a 56 year old woman, in your clinic today. She is worried about a left breast mass, and would like you to tell her about screening availability.

- Take a focused history of her complaint and educate her regarding the recommendations of breast screening.



What should you ask?



Case 1

- Abdullah a 44-year-old man came to you for help as he is thinking to quit smoking.
- BMI 27 BP 136/ 84
- Take a history and how are you going to counsel him to quit smoking?

What areas are you going to discuss regarding smoking history?

- **Smoking history** (how many, how long, smokers around him at home or work)
- **History of previous attempts of quitting?** How many times? Success or failure and why.
- **Motivation to quit** (is he ready to quit smoking)
- **General health issues** i.e. CVD, HTN, chronic cough, depression,.....
- Explores **ICE** : (Have to be asked in history taking)
- **Idea:** He wants to give up, will some medication help him , or there are other options to try ,
- **Concern:** Mostly he is afraid to have lung cancer
- **Expecting:** to get a advise on how to stop smoking
- **Chance for opportunistic screening** (only asked e.g. BP)
- **Family history:** CVD, Stroke, Cancer,.....

How can you help him to quit smoking?

- Discuss the **benefits** to quit smoking
- Discuss the **risks** associated with smoking (cancer, COPD, ect)
- Behavioral** smoking counseling (Avoid places used for smoking, tell family and friends about quitting smoking, firm refusal of cigarette from others).
- Discuss the different **pharmacological treatments** options and their efficacy.
- Brief him about choices of **Nicotine replacement therapy** or **varenicline** (Champix).....
- Agree on a **plan** to proceed with his quitting
- Define a date** to stop smoking (e.g. write a contract between physician and smoker, put this contract in a place to be seen daily, remove ash tray, through ay cigarette at home, anything reminding for smoking)
- Respect his choice of advice on who to approach
- Encourage him to attend the Primary care **smoking cessation clinic**.
- Agree on discussing his success or failure attempts after **two weeks**

Case 2

- Mona a 46-year-old woman came to check some results. She is totally asymptomatic.
- BMI 31 BP 124/75
- Fasting plasma glucose: 8.4 mmol/L (151 mg/dl)
- 2 hours post prandial: 13.7 mmol/L (247 mg/dl)
- HbA1C: 8.4 %
- Take a history and how are you going to manage her?

Take a history based on her results?

Personal and social history: Job, marriage, children,.....

- She is newly discovered to be diabetic, start to take related history regarding diabetes:
- **Symptoms** like polyuria, polydipsia, nocturia, loss of weight,
- Duration of the symptoms.
- **Symptoms of complication:** burning / numbness of foot, visual disturbances
- **Risk factors:** Smoking, HTN, obesity, exercise,
- **Nutritional status, daily life activity**
- **Alcohol, H/O drugs**
- **Family H.** of DM (detail), HTN, CVD,

How are you going to plan her management including education and prevention?

- Appropriate education about **life style modification**
- **Exercise:** Details, measures to decrease weight like walking (at least 150 minutes per week for at least 5 days and of brisk walking [Inform him to do such activity for at least 30 minutes daily) also to reduce risk and weight.
- **Dieting:** Dietary advice, avoid excess sugar, reduce refined CHO, encourage vegetables, fruits and fibres,Low animal diet,
- Advise for **foot care**; inspection, shoes,...
- Offer referral to **dietitian**
- Offer referral to **ophthalmologist**
- Offer the patient **Glucometer** to do home monitoring blood glucose
- The student may offer the start of **Metformin**
- Offer requesting some **investigations** like FBS, HbA1C, Renal functions, Lipid, Albumin/creatinine ratio
- The student will plan for follow up for control of diabetes after 3 months.
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Case 3

- ▶ You are seeing Mrs. Bakar, a 56 year old woman, in your clinic today. She is worried about a left breast mass, and would like you to tell her about screening availability.
- ▶
- ▶ **Take a focused history of her complaint and educate her regarding the recommendations of breast screening.**

You should concentrate regarding

► Focused History

- Onset of awareness of mass
- Size of the mass and any change in size
- Mastalgia
- Associated discharge, including pus and blood (none)
- Size/tenderness association with menstrual cycle
- Nipple changes
- Skin changes (on affected breast)
- Systemic symptoms – weight loss, low energy, anorexia
- Associated shortness of breath or chest pain
- Changes in personality – suggestive of brain metastases
- Bone pain – suggestive of bone metastases

You should concentrate regarding

- Inquiries about date of menopause**
- Pregnancy history**
- Breastfeeding history**
- History of chest radiation**
- Age of menarche**
- Alcohol history**
- Smoking history (quantity in pack-years)**
- Past and current use of hormone replacement and oral contraceptive pills**

You should concentrate regarding

- Family history/risk factor history:

- Family history of breast, ovarian, or colon cancer
- Past history of breast masses

- **Past mammography results**

- You have to offer to examine breast mass.
- Addresses patient's concerns and educate her regarding screening guidelines
 - Recommended age of screening
 - Methods available; for this patient you have to request **Mammogram** and **US breast**.