

Irritable Bowel Syndrome

1- Chief Complain:

Altered Bowel Habits (Diarrhea, Constipation)

(Onset/Duration, Frequency, Character of Stools, Color)

Abdominal Pain

(OLD CARS)

Abdominal Distention

2- History of Presenting Illness (HPI):

Altered Bowel Habits (Diarrhea, Constipation):

- Onset
- Duration
- Frequency
- Character of Stools
- Amount
- Color
- Aggravating & Relieving Factors: *Defecation, Eating, Sleep.*

Abdominal Pain

OLD CARS, Focus on relation defecation.

3- Associated Symptoms:

- Nausea
- Vomiting
- Lethargy
- Back Pain
- Bladder Symptoms

4- Red Flags & Alarming Symptoms:

- Rectal Bleeding
- Nocturnal Pain on Progressive Abdominal Pain
- Weight Loss

5- Past Medical & Surgical History

6- Family History:

- Colon Cancer
- Ovarian Cancer
- Inflammatory Bowel Disease
- Celiac Disease

Education

- Common disease, can't be cured
- No causes
- Explain the symptoms
- No diagnostic test, just to rule out other causes
- Treatment option:
 - Monitoring for diet
 - Psychotherapy for stress
 - Drugs
- All alternative medication are not proved to be beneficial
- Good prognosis

Headache

1- History of Presenting Illness (HPI):

- Onset
- Location
- Duration
- Course
- Aggravating & Relieving Factors: Stress, Exertion
- Radiation
- Severity

Precipitating Factors:

- Aura
- Caffeine
- Alcohol
- Fasting
- Tobacco

Associated Symptoms:

- Visual Symptoms
- Photophobia
- Neck Muscle Tension
- Tears/ Runny Nose
- Nausea
- Vomiting

2- Past Medical History: *Migraine, Obesity, URTIs*

3- Medication History

4- Family History: *Migraine*

5- Social History

Location:

- Unilateral → Migraine
- Generalized → Tension
- Behind the Eye → Cluster

Character:

- Dull → Tension
- Throbbing → Migraine
- Sharp Penetrating → Cluster