**History Taking – The Structure of the Consultation**

Greeting and Introduction

**Patient profile**

* Name
* Age
* Gender
* Occupation – what exactly do they do in their job?
* Marital status / children

**Patient complaint**

The primary symptom that a patient states as the reason for seeking medical care.

* Open-ended questions with no interruption e.g. How can I help you today? Tell me what you have come to see me about? Why have you come today? So, over to you….

*Screening question + agenda setting*

* Is there anything else?
* With multiple problems deciding with patient what is a priority to discuss

**History of Presenting Complaint**

* Asking about the presenting complaint, you should ask about the duration of the symptom/s
  + When did …. start?
  + So to clarify…. (getting sequence of events)
* Open to closed questioning SOCRATES for pain

**Past Medical and Surgical History**

Do you have any medical problems?

Do you take any medications for anything?

Have you ever had any operations?

Have you ever been admitted to hospital for anything?

Related to presenting problem: Have you ever been in hospital with this before?

**Drug history and allergies**

Do you take any prescribed medications?

What dose? How many tablets / quantity (ml) do you take? When do you taken them? What do you take it for? Do you take any over the counter or herbal medications?

Do you have any drug allergies?

**Family history**

Is there any disease that runs in your family?

Specific questions: Are your parents alive? How old are they? Are they fit and well or do they have any medical problems / chronic illness?

Genetic disorder: Document sex, age and if affected by disease of grandparents, siblings of parents and children. Consanguineous marriage – 1st cousin marriage? Any spontaneous miscarriages / abortions

**Social history**

Do you smoke? How many cigarettes a day? How old were you when you started smoking? (calculating pack years)

Do you drink any alcohol? What do you drink? How much do you drink in an average week? (calculating units of alcohol)

Do you ever take drugs? What do you use? How much? How often? Have you ever injected drugs?

Have you had any recent travel to any countries outside Jordan? Where? What did you do? Did you partake in any water activities? Did you have any sexual contacts? (this question could be omitted for now and will be revisited in CS4)

**History Taking 1 - Student Doctor Scenario 1 Part A - PC**

You are working in Prince Hamza Hospital and you are asked to see 58 year old Mohammed Barzani. Greet and introduce yourself, take a patient profile and ask an opening question and listen well to the presenting complaints and decide on which one is the most important to discuss with the patient.

**History Taking 1 - Male Patient Scenario 1 - PC**

*Profile:* 58year old male

*Ethnicity:* Kurdish Iraqi originally from Kirkuk

*Address:* Hashmi Shamali since 2014

*Marital Status:* Married with 4 children

*Occupation:* Delivers gas bottles to people’s homes

*Presenting Complaints:*

Itchy lump on skin

Losing hair is there anything we can do about it? I’m worried I may go bald

Chest pain

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*Negotiating patient agenda* – what is most concern to patient is them losing their hair but to the doctor the chest pain is of more clinical importance.

Discuss the consultation skill of `Setting the agenda’.

Now introduce SOCRATES for next student before moving on to History of Presenting Complaint – bring in new student

Site

Onset

Characteristic

Radiation

Associated symptoms?

Timing (duration, course, pattern)

Exacerbating / Relieving Factors

Severity (Pain scale 1- 10)

**History Taking 1 - Student Doctor Scenario 1 Part B- HPC**

You have listened to the presenting complaints of this patient and you have agreed to discuss his chest pain in more detail. Listen well to his opening statement and then ask more specific questions related to his chest pain.

**History Taking 1 – Patient Scenario 1 Part B - HPC**

HPC: Over the last 6 months you have been getting chest pain when you have to move gas bottles with your work or walking up a hill

It starts in the middle of your chest and feels like a heaviness (pressure)

It started soon after you started working for a friend delivering gas bottles to people's homes

You are worried you may lose your job if you discover he has something serious

If asked specifically:

*Radiation:* Moves to your left arm and jaw

*Severity:* 7/10 pain scale

*Relieving factor:* If you stop walking it goes away after a minute

*Associated symptoms:* Feel breathless and sweaty at the same time

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Discuss open to closed questions

SOCRATES helpful mnemonic for specific pain related questions

Active listening – eye contact, nodding, encouraging to speak without interrupting, not asking a question they have just answered!

Introduce next layer of consultation Past Medical and Surgical History (PMSH)

What are some good questions to ask for PMSH? See introduction notes

Also introduce asking a drug history? What questions do you need to ask about the drug history? Name of generic medication, dose, frequency, time of day taken, what’s it for? Enquiring about drug allergies? Over the counter and herbal medications?

**History Taking 1 - Student Doctor Scenario 1 Part C – PMSHx, DHx**

You have listened to the presenting complaints, history of the presenting complaint and now what to find out the past medical and surgical history of this patient. Ask some select open questions to explore this more. Then move on to ask about the patient’s drug history, allergies and any use of over the counter medications

**History Taking 1 – Patient Scenario 1 Part C – PMSHx, DHx**

**Past Medical and Surgical History:**

Admitted to hospital 2013 with chest pain – you were told you didn’t have a `heart attack' after having a heart trace (ECG) and blood tests

2012 High blood pressure

2014 High cholesterol

Appendiectomy 1990

**Drug History:** Amlodipine 10mg one tablet in the morning for high blood pressure

Lisinopril 20mg one tablet in the morning for high blood pressure

Simvastatin 40mg one tablet at night for high cholesterol

Aspirin 100mg one tablet in the morning after last episode of chest pain

No drug allergies

Take Paracetamol 500mg tablets for back pain

Also take Gingko Biloba after a pharmacist recommended it for his episodes of chest pains!

Points of discussion in PMSH – asking about previous episodes of related presenting complaint, getting timeline of when things occurred

Drug History: Worth practising how to write down medication, dose, route of administration, frequency….

Gingko Biloba is used for many things – can interact with medication, no evidence Gingko Biloba helps angina

Introduce asking about Family History – Is there any illness runs in the family? If suspect genetic disorder ask about 3 generations i.e. grandparents, parents and siblings…

**History Taking 1 - Student Doctor Scenario 1 Part D - FHx**

You have listened to the presenting complaints, history of the presenting complaint, past medical and surgical history of this patient and now want to enquire about the family history. Ask an open question to explore this more. Then ask about each family member from grandparents, the patient and wife and their children too.

**History Taking 1 – Patient Scenario 1 Part D- FHx**

If asked whether is any disease that runs in the family reply:

Well my father had a heart attack at the age of 45 years and was told he had a high cholesterol

Mother fit and well aged 78

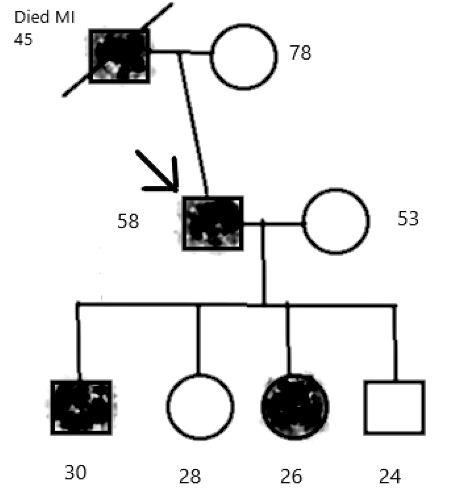
Wife aged 53 is fit and well

Have four children – eldest son aged 30 has high cholesterol, second child daughter aged 28 years fit and well, younger sister aged 26 has high cholesterol and youngest son aged 24 fit and well

**Family History**

Draw out family tree on white board or show diagram

Discuss what type of mode of inheritance is this? Familial Hypercholesterolaemia generally is autosomal dominant



**Social History Taking**

Now introduce idea of taking a social history – how to take smoking pack years, units of alcohol consumed in a week and recent travel

In terms of calculating smoking pack years you need to ask about whether they smoke or not. If they smoke how many cigarettes a day and how long they have smoked for.

Smoking Pack Years = Number of cigarettes smoked a day / 20 (number of cigarettes in a packed) X number of years smoked

We appreciate that drinking alcohol is a sensitive topic in Jordan and forbidden in Islam. However it is useful to understand that some people do drink alcohol and to evaluate what are dangerous levels of drinking that will affect people's health.

Alcohol is measured in units. 1 unit = 8g or 10ml of pure alcohol

* 1 glass of wine is equivalent to 2 units, 1 bottle of wine (750ml) 10 units
* 1 can of beer is equivalent to 1.5 units
* 1 bottle of spirits e.g. vodka, rum or whiskey is equivalent to 40 units

So if somebody does drink alcohol it is important to know what type of drink they drink and how much. Then you need to calculate how many units of alcohol they drink in a week.

*Example:* A 35 year old French NGO worker sees you in your clinic. He has high blood pressure and so you ask him about whether he drinks alcohol. He confirms he does. When you ask him what he drinks he says wine and beer. When you ask how much does he drink in a week he replies 2 bottles of wine a week and 4 cans of beer. What is his weekly consumption of alcohol in a week?

2 bottles of wine = 20 units, 4 cans of beer = 6 units. Total 26 units of alcohol/ week.

In terms of what are safe levels of drinking

* Safe limits / recommended units of alcohol per week are 14 units for men and women

**History Taking 1 - Student Doctor Scenario 1 Part E – SHx**

You have listened to the presenting complaints, history of the presenting complaint, past medical and surgical history of this patient, the family history and now you want to ask about the patient’s social history. Ask about their smoking status, whether they drink alcohol, any recent travel and home circumstances.

**History Taking 1- Patient Scenario 1 – Part E - SHx**

**Smoking:** You smoke 40 cigarettes a day since the age of 38. Before that you smoked 20 cigarettes a day since the age of 18.

**Alcohol:** You admit to drinking a 1L bottle of whisky a week and 5 cans of beer

You recently travelled back to Erbil in north Iraq to see your family but no travel to other tropical areas

Smoking Pack Years = Number of cigarettes smoked a day / 20 (number of cigarettes in a packed) X number of years smoked

40 cig’s a day / 20 X 20 years = 40 pack years (between ages of 38 and 58)

20 /20 X 20 = 20 pack years (between ages of 18 and 38)

Total 60 pack years

Number of units of alcohol drunk per week

40 units of alcohol in 1L whisky + 6 cans of beer of 1.5 units each = 9 units. Thus total drunk is 49 units of alcohol a week

Travelling Erbil unlikely to put him at higher risk of infection of tropical disease or

**History Taking 1 Case 2 - Student Doctor 2**

You are a medical student in the Emergency Room at Jordan Hospital and are asked to see an old man Hamza Sharif with severe back pain. Please introduce yourself and greet the patient, start taking a history and focus the history particularly on the pain.

**History Taking 1 Case 2 – Older Male Patient Scenario 2**

Patient Profile: Hamza Sharif

Age: 78

Occupation: Retired

Address: Bayader, Amman

**PC:** Severe back pain

**HPC:** You have had severe lower mid back pain that has increased in intensity in the last month

*If asked specificially:*

Site: mid lower back

Radiation: to your side but mainly stays in middle of lower back

Severity: was 4/10 a month ago but has increased to 9/10 pain scale and it is keeping you awake most nights

Relieving factors: Not relieved by changing position or taking simple Paracetamol

Associated symptoms: Over the last few months you have been frequently going to the toilet to urinate and getting up in the night 3-4 times. Your urinary flow isn't very strong and after you think you have finished you sometimes dribble more urine

**PMSH**: 2008 Diabetes Mellitus

2009 Hypertension

2000 Cholecystectomy

**DH:** Metformin 850mg one tablet three times a day

Lisinopril 20mg one tablet in the morning

No allergies

Takes Paracetamol 500mg tablets for back pain not strong enough

**FHx ;** Dad died of prostate cancer aged 72 years

**SHx:** Smokes 30 cigarettes a day for last 50 years

No alcohol or other drug use….

**History Taking 1 – Case 2 – Elderly man with Prostatic Symptoms and Back Pain - Facilitator's Notes**

Can you summarise the history for me? Is there any more information you would like to know (or does anyone else want to know)?

What active listening skills did you use in taking this history?

What specific pain questions did you use after your open question?

(Specific pain questions: site, onset, character, severity (use pain scales out of 10?), radiation, timing (duration, course, pattern), exacerbating and relieving factors, associated symptoms)

What in the pain history makes this pain more likely to be cancer related? (severity – pain scale 9/10 and not relieved by simple analgesia, localisation, persistent (1 month and more), waking him up at night – constant – nothing relieving it)

What diagnosis do you think this man might have (extra non-essential information)? (the history is suggestive of prostatic symptoms (frequency, nocturia, post-micturition dribble and weak stream) with bony back pain (mid lower back (over lumbar spine), severe pain not relieved by simple analgesia, keeping him awake, not relieved by changing posture and increasing in intensity) – prostatic cancer with metastatic spread to the back is a worrying concern)