



# Clinical Skills



Lecture no:

Title: CS1

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وَقُلْ رَبِّ زِدْنِي عِلْمًا

# History consultation

- ① introduction
- Doctor's name
  - patient's name → Full name
  - Privacy
  - Hand Hygiene
  - chaperone

- ② Patient profile
- Age
  - Gender (obvious)
  - marital status
  - occupation + Address
  - transport → Not always
  - Insurance

- ③ Chief complaint
- Presenting complaints
- Screening → "what brings you to clinic today?"
  - "Do you have any other problems?"
  - Active listening (no interruptions)
  - setting the agenda (figuring out what to focus on)

- ④ HPI || HPC
- S site "where?"
  - O onset "how long?"
  - C character "describe pain"
  - R Radiation "does the pain come and go?" "where does it go?"
  - A Associated symptoms
  - T Timing "when does it hurt?"
  - E Exacerbating/relieving "what makes the pain better or worse?"
  - S severity (1-10)
- 

\* review of the systems

- ⑤ patient's perspective
- F I F E
- Ideas  
Fears  
Expectations  
Feeling

⑥ medical or surgical history

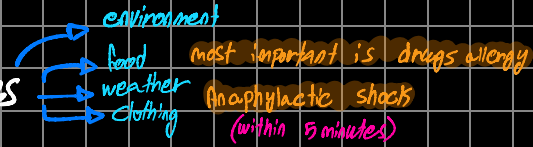
- chronic illnesses
- Hospitalization
- Surgeries
- medical problems

⑦ Family History

- chronic illnesses in the family
- parents' health

⑧ Drug history and allergies

- Supplements
- prescriptions
- over-the-counter (Drugs without prescription)



⑨ Social History

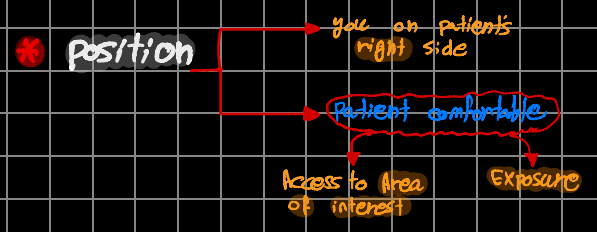
- Traveling
- Smoking
- Alcohol
- addiction

Lumps  
Lymph Nodes

# Physical Examination

- \* Privacy
- \* Permission
- \* Professionalism

- 1 Knocks the door.
- 2 Tell him who you are while sterilization.
- 3 Explain what you want to examine "you need his confirmation" "Ensure privacy"
- 4 Chaperon?
- 5 Be sure of his profile and that he is your patient.



## General examination steps

- inspection (Looks) "his face, body or walk"
- do you have any pain?
- palpation (Touch)
- percussion (Tap)
- Auscultation (Listen)

## First impressions:-

- clothing (clean, suitable for weather)
- walking and posture + facial expression
- Breathing pattern (quick, shallow)
- color
  - pallor
  - cyanosis (around eye + lips)
  - jaundice
- odors
  - Acetone [DIABETIC KETOACIDOSIS]
  - Fishy odor [UREMIA]
  - nausey smell [Hepatic failure]
  - Foul smell [Gastric outlet obstruction]

## Spot diagnosis

- hair
  - hair loss
    - Alopecia totalis (head)
    - Alopecia universalis (whole body)
    - Alopecia areata (specific areas)
  - Excess hair
    - hirsutism
    - hypertrichosis
- Tongue [color, size, movement, mucous membrane]
- Hands and nails [color, skin changes, deformity, muscle wasting, clubbing, Temperature, Tremor]

## Vital signs

- HR Normal Avg (60-100)
  - Tachy
  - Brady
- Temperature
  - hypo
  - hyper
- Pressure
  - hypo
  - hyper
- RR (Breath rate)
  - Normal: (12-20)
  - RR (b)

- ⊗ Alopecia - hair loss
- ⊗ Nyctia - related to nails