



DOCTORS ON BOARD PROGRAM

MOCK CLINIC CASE

- 50 yo patient (pt) with a history of asthma is here for cough, wheezing feeling tired upon exertion.
- Pt reports symptoms starting 3 months ago insidiously, although after thorough questioning, the pt revealed that the grandmother had COVID-19 and passed during this time, causing much grief.
- The pt states that the coughing is impeding on quality of life. Pt reports having to wake up early in the morning because of episodes of coughing. Pt reports soreness and stiffness in neck and upper back as well as tightness in the chest. Pt also reports occasional sore throat from forceful coughing.
- Pt notices that coughing worsens when exercising or doing cleaning at home. Pt finds difficulty with aerobic exercise. Pt “has to sit down, relax and do deep breathing exercises” in order to alleviate symptoms. Pt also sometimes use a bronchial inhaler, which helps alleviate symptoms.
- The patient's history was reviewed. According to office records, the pt is healthy and most years of life and essentially medically uneventful with the exception of asthma.
- The pt experiences a number of seasonal upper respiratory allergies in the Spring, with severe bouts of nasal and chest congestion. Pt had no history of medical emergencies related to labored breathing or otherwise. Pt reports sometimes having loose stools when “stressed out.”
- Pt denies chest pain, palpitations, history of gastroesophageal reflux disease and coronary artery disease
- Pt lives in an old house and works outside in the garden often. The pt is a supervisor in the office at a local construction company
- Pt has never smoked and does not drink alcohol but some use marijuana.

PHYSICAL EXAM

Doctors – Please make sure all students have a chance to participate and are able to ask and have their questions answered. They should mark on their sheets the findings.

- PERFORM PHYSICAL EXAM:

Temperature

Blood pressure

Heart rate

Ear exam

Eye exam

Heart exam

Lung exam

Abdominal exam

• FINDING: MOCK PATIENTS: REVIEW WITH STUDENTS

Temperature: _____

BP: _____ High _____ Low

HR: _____ / _____ : High or Low

Ear exam

Eye exam

Heart exam:

Lung exam:

Abdominal exam: (bowel sounds, lump (mass) found in abdomen on palpation, pulsating sensation found in abdomen on palpation)

- DISCUSSION AND RECOMMENDATIONS:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.