



DOCTORS ON BOARD PROGRAM

Sequoyah Country Club • Sunday, April 26, 2026

CASE STUDY: MOCK CLINIC CASE

Abdominal Aortic Aneurysm (AAA or Triple A)

- 67 y.o. patient (pt) with a history of poorly controlled hypertension (on hydrochlorothiazide), who is here for worsening abdominal pain
 - For the past 3 days, patient reports abdominal pain located above the belly button. It has been sharp, pulsating and constant. Interestingly, the patient says, "My heart feels like it is beating in my stomach."
 - At its onset, the pain was rated a 2/10 in severity. Today, the pain is at 7/10
 - The pain does not radiate, does not change with position and has no association to meals.
 - Pt cannot think of any aggravating or alleviating factors. Pt denies any fevers, chills, diarrhea, constipation or chest pain. Pt does report occasional nausea, but no vomiting. Pt also reports back pain. For the past two days, the patient has felt lightheaded and feels their heart beating rapidly.
 - Patient stopped smoking 6 yrs ago after a brother died of lung cancer. Before then, they smoked 1 pack of cigarettes a day since the age of 17.
 - Patient reports that their mother and father both had high blood pressure.
 - Lastly, the patient lives by himself/herself and has a difficult time remembering to take his/her blood pressure medication since his/her spouse passed away 6 months ago.
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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.

- Performing focused physical exam:

Temperature

Blood pressure

Heart rate

Ear exam

Eye exam

Heart exam

Lung exam

Abdominal exam

- Findings for Mock Patient – Please 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)
