

HEADS UP! iHuman is different in this class because both the History and Physical Exam show up at the same time. I got docked on some points because I wanted to go back and add information in my notes and it counted it as a point on the physical exam. So take pics of all your EMR findings and do the notes right away. Do not keep clicking back and forth from the EMR and Physical Exam.

iHuman Bill Buxton

HISTORY

Reason for Encounter

Start with open-ended patient-centric questions.

Approach	Question	Response
CC Sx	How can I help you today?	I've been feeling very short of breath with everything I do, even when I'm doing nothing.
Assoc Sx	Do you have any pain in your chest?	I wouldn't say pain particularly. No Not pain
Assoc Sx	Do you have unusual heartbeats (palpitations)?	No, funny enough, never had any problems like that. Don't even know what that would feel like
Assoc Sx	Do you have any other symptoms or concerns we should discuss?	My body feels heavy, fatigued. And my gut and legs have been swelling
Assoc Sx	Do you have a cough?	Yeah, I do. It's so annoying
Etiology	Have you been in a situation where you were sitting or lying still for a long time?	No, nothing like that recently

OLD-CARTS for the HPI

Approach	Question	Response
Onset	When did you first notice feeling short of breath?	About 2 months ago I started experiencing it more and more.
Location	N/A	
Duration	N/A	
Characteristics	Are you coughing up any sputum?	Just a little frothy white phlegm
Characteristics	Do you wheeze?	I've heard myself wheeze off and on, nothing much
Characteristics	Do you feel as if you are smothering or suffocating?	Yes, that's a good description. I have felt that way a few times.
Characteristics	Does your chest feel tight or heavy? &	I can't say I've had that recently, I did before the stent was put in 6 months ago. See, I was diagnosed with coronary artery disease at that time.
Characteristics	Do you awaken at night short of breath?	Yes, I might fall asleep okay, but then a few hours later I wake up
Characteristics	Are you short of breath when lying down?	I can't tolerate being on my back for long. I get really short of breath. I'm now sleeping in the

		recliner to avoid sleeping on my back. That helps a lot
Characteristics	Do you sleep with pillows to help you breathe?	Tried that. That didn't seem to work very well.
Aggravating	N/A	
Relieving	N/A	
Timing/Treatments	What treatments have you had for your difficulty breathing?	I was prescribed a lot of heart medications back when the stent was put in 6 months ago, but I wasn't having this shortness of breath then.
Severity	N/A	

Review of Systems (ROS)

Do you have any problems with an itchy scalp, skin changes, moles, thinning hair, or brittle nails?	Nope.
Do you have any problems with nervousness, depression, lack of interest, sadness, memory loss, or mood changes, or ever hear voices or see things that you know are not there?	No, I wouldn't say so. I'm just not interested in being out and around as much.
Do you have any problems with fatigue, difficulty sleeping, unintentional weight loss or gain, fevers, or night sweats?	Yes, I'm a little tired. I have some of those other things you mentioned too. I think I told you about feeling heavy and my legs and belly getting big. Is that it? Oh, yeah, I don't have a fever.
When you urinate, have you noticed any pain, burning, blood, difficulty starting or stopping, dribbling, incontinence, urgency during day or night, or any changes in frequency?	No

Do you have any problems with headaches that don't go away with aspirin or Tylenol (acetaminophen), double or blurred vision, difficulty with night vision, problems hearing,	No
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ear pain, sinus problems, chronic sore throats, or difficulty swallowing	
Do you have problems with nausea, vomiting, constipation, diarrhea, coffee grounds in your vomit, dark tarry stool, bright red blood in your bowel movements, early satiety, or bloating?	None of that
Do you have any problems with muscle or joint pain, redness, swelling, muscle cramps, or redness, back pain, neck or shoulder pain, or hip pain?	No problems with my joints