

Station: Chest pain

History taking and physical exam

Time: 5 min

Type: must to learn ☐

Nice to learn

"The patient is a middle-aged man who has presented to the emergency department with acute chest pain:"

- Please take a history from the patient focusing on the acute chest pain (only the essential questions related to the acute chest pain).

Items	Score	Student score
Establishing appropriate communication with the patient, greeting and introducing yourself to the patient	1	
Asking about the main reason for the visit	1	
Where is the pain located?	2	
When did the pain start?	1	
Where does the pain spread to?	2	
What is the quality of the pain?	2	
What is the intensity of the pain?	1	
How long does the pain last?	1	
Asking about the effect of cold air and physical activity.	1	
Asking about the effect of deep breathing or changing the sitting position, i.e. bending forward.	2	
Asking about getting better with medication.		
What symptoms are associated with the pain?		
Asking about risk factors for heart disease such as blood pressure, high cholesterol, diabetes, occupational and environmental stress, smoking, exercise intolerance	1	
Family history such as predisposition to diabetes, blood pressure, kidney disease, heart attack, etc.	1	
Asking about the history of medication use?	1	
Questions about heartburn and food regurgitation (GERD) symptoms, questions about pain increasing with chest movement, and questions about local tenderness	2	
The way the questions were asked and the history was taken was logical.	1	
Total	20	

Patient Scenario

You are a 45-year-old middle-aged man who has come to the emergency room complaining of acute chest pain.

You are lying on the bed and pretending that your chest pain is bothering you. (You should play the role of a patient who has had an acute heart attack.) Please note that the student's time is limited.

You must complete the scenario very quickly.

In response to the question of what your problem is (or similar questions), you answer as follows: I was at work today, I had an argument with a customer (you are an employee), and suddenly I had severe chest pain. (You point to your sternum with a clenched fist.)

The pain is very severe. It has cut my heart, and I am also a little short of breath. It hurts my left arm (point to your other hand). I am also nauseous. I even threw up once. A colleague gave me stomach syrup, but it did not help at all. I had never been like this before. I had never been to a doctor before. My colleagues called the emergency room 115. They brought me here. I have been in pain all this time. In response to possible questions, answer as follows: Time of onset and duration of pain: From about 30 minutes ago to now Pain intensity: Very severe (if asked to rate: 10 out of 10) Quality of pain: As if something is pressing on my chest. Pain radiating: Left arm Initiating factor: You were not doing anything special. You were at the desk doing office work. Reducing factor (in the ambulance they gave me a sublingual tablet. I felt a little better, but not completely better) .

Associated symptoms: I have some shortness of breath, I have had cold sweats, and I have had nausea and vomiting (one episode without blood).

Previous history: None, I have had no problems before. Deny any previous medical conditions such as diabetes, high blood pressure, etc., and any history of hospitalization in the ICU, or any history of similar pain. You have not had any blood tests yet. So you don't know about blood lipids

History of drug use: No History of smoking and alcohol

You are a smoker. You have smoked a pack a day since you were 20

Alcohol: You use it recreationally.

Drugs: No. Not at all. Family history of heart disease: Only my father died of a heart attack at the age of 50. Answer no to the other questions. And ask your doctor to do something for you because you are in so much pain and you can't talk anymore.

Equipment needed: Patient: table - chair - bed, paper and pen