

Main Steps of the Patient's Examination

There are some next steps that the good doctor should follow to predispose the patient for the future treatment.

- First of all, knock on the door.
- Enter the patient's ward (room) with a smile.
- Greet the patient.
- Shake your hands.



Introduce yourself –



- *Good morning. My name is (say your name)*

I am a second-year student of the Medical University and today I will be your doctor, Do you agree?

You should ask the patient's permission to be his doctor

- After that, inform the patient that for the next procedures your hands should be clean
- Go to the bathroom and wash your hand according to the special rules



- Come back to the patient, look at him and assess his state
- If patient's condition is serious, allow him to lay in bed
- If the patient is relatively satisfactory, ask him to sit down

- The distance between you and your patient should be 1 meter
- The angle between you and your patient should be 45 degrees
- If the patient lays in bed, the doctor should stand or sit to the right of the patient



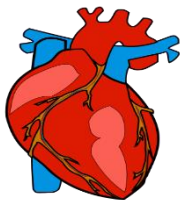


- For the next ask the patient about his complaints.
- Listen to the patient with attention, do not interrupt him.
- If the patient speaks a lot, find a moment and ask a question that interests you.

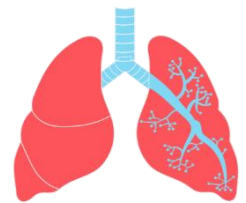


If the patient has no complaints or doesn't want to speak to you, you should use all your skills to explain to him that the information obtained during the conversation is very important for the diagnosis and treatment

During this course, we will firstly study the rules of examining patients with:



- Cardiovascular and
- Respiratory problems



The special symptoms(complaints) of patients with **Cardiovascular disease** are:

- Pain in the heart region (with irradiation in different regions or not)
- How he manages it (with pills, by resting)
- Dyspnea (difficulty breathing)
- Heart beats (if he feels it)
- Blood pressure level. Maximum blood pressure level.
- If he feels when his blood pressure is elevating.
- Headache
- Dizziness

Patients with Respiratory disease complain about:

- Cough (dry or wet, if it is wet –the colour, smell and quantity of the sputum)
- Dyspnea (hard inspiration/expiration)
- Temperature, maximum temperature level
- Chest pain

- Nasal inspiration
- Pain in pharynges

The general symptoms

- Headache
- Dizziness
- Loss of appetite
- Sleep problems



History of the disease

- When he felt ill
- If he saw a doctor
- What he did about it before coming to the hospital
- If he received some medicine
- In case of chronic diseases, if he receives any medicines regularly

General questions



- Family anamnesis (if patient's closest relatives have the same disease)
- If he smokes, drinks alcohol
- Previous cases of other illnesses
- Previous surgeries
- If he had hepatitis or tuberculosis

After that, you will demonstrate your practical skills

- In case of cardiac patients, you will check the patient's pulse and blood pressure
- In case of respiratory disease patients, you must check the body temperature, the pulse and the oximetry (saturation of the hemoglobin with oxygen)



Before each procedure, you should explain to the patient what are you going to do and ask his permission.

You should finish your conversation with two sentences:

- *Now, I will recommend you the necessary investigations, do you agree?*
- *Now, I will recommend you the necessary treatment, do you agree?*

Then after asking this questions you can finish the examination with the next words:

Thank you, Good recovery, Good bye!!



Questions to control your knowledge

1. In order to prepare the patient for future treatment, every good doctor needs to follow some steps:
 - First you have to knock on the door.
 - Enter the patient's room with a smile.
 - Say hello to the patient.
 - Shake the patient's hand.
2. How should you present yourself when talking to a patient?
 - Hello, my name is ... (name, surname), I am a 2nd year student of the Medical University and today I will be your doctor, do you agree?

- You must ask the patient's permission to be his doctor.
3. You have to interact with the patient, what do you have to do in relation to hand hygiene?
 - Inform the patient that you should wash the hands.
 - Go to the bathroom and wash your hands according to special rules.
 4. What can be the patient's position depending on his condition during the visit to the room?
 - If the patient's condition is severe, allow him to lie down in bed.
 - If the patient is in a relatively satisfactory condition, ask them to sit in bed.
 5. What distance should you respect, doctor-patient, during the discussion with the patient?
 - The distance between you and the patient should be 1 meter.
 6. How many degrees must the angle between you and the patient be?
 - The angle between you and the patient must be 45 degrees.
 7. If the patient is lying in bed, on which side of the patient should the doctor be?
 - If the patient is lying in bed, the doctor should stand on the patient's right.
 8. How should you behave while collecting the medical history?
 - Listen carefully to the patient and don't interrupt him.
 - If the patient talks too much, find the time and ask him what interests you.
 - If the patient does not accuse or refuse to say anything, you should use all your skills to explain that all the information received during the dialogue is extremely important for future diagnosis and treatment.
 9. Collecting the anamnesis regarding the pathologies of the cardiovascular system, what do you ask the patient?
 - Do you have pain in the heart region, with irradiation in the hand, back or without?
 - What medications do you receive when pain occurs?
 - Do you have dyspnea? (breathing problems, Do you feel it?) inspiratory or expiratory?
 - Do you feel palpitations (do you feel your heartbeat?)

- What is blood pressure? What are the maximum figures?
- Do you feel when you have high TA figures?
- Headache (headache)?
- Vertigo (dizziness) ???

10. When you collect anamnesis regarding the pathologies of the respiratory system, what do you ask the patient?

- Do you have a cough? Dry or sputum? / Color?
- Do you have dyspnea? (breathing problems, Do you feel it?) inspiratory or expiratory?
- Temperature? The highest numbers?
- Do you have chest pain (chest)?
- Do you breathe through your nose freely?
- Sore throat?

11. Collecting the history of general complains, what do you ask the patient?

- Headache (headache)?
- Vertigo (dizziness) ???
- loss of appetite?
- Sleep disorders?

12. When you collect the history of the disease, what do you ask the patient?

- When did you get sick?
- Did you call the doctor?
- What treatment did you receive at home?

13. When you collect anamnesis on general questions, what do you ask the patient?

- Have anyone of your close relatives this disease?
- Do you smoke?
- Alcohol?
- Have you had surgery, viral hepatitis, tuberculosis?

14. Demonstration of practical skills for examining the cardiovascular system involves:

- you need to check your pulse and measure your blood pressure.

15. Demonstration of the practical skills regarding the examination of the respiratory system, implies:

- you need to measure body temperature, pulse and oximetry (oxygen saturation of hemoglobin).

16. Do you have to complete the patient questioning with three sentences, which are these?

- Now I will prescribe the necessary investigations, do you agree?
- Now I will prescribe the necessary treatment, do you agree?
- Thank you, health, goodbye

Test

1. In order to prepare the patient to the future treatment, every good doctor needs to follow a series of steps, the following:

- * First you have to knock on the door.
- * Enter the patient's room with a smile.
- * Say hello to the patient.
- * Hand the patient.
- Do not shake the patient's hand.

2. How should you present yourself when talking to a patient?

- * Hello, my name is ... (name, first name), I am a second year student of the University of Medicine and today I will be your doctor, do you agree?
- * You must ask the patient's permission to be his doctor.
- Hello, I have some questions.
- I am a student and I have to collect anamnesis.
- As the patient is hospitalized, permission to collect data is not required.

3. You have to interact with the patient, what should you do in relation to hand hygiene?

- * Inform the patient that you should wash the hands
- * Go to the bathroom and wash your hands according to special rules.

- c. Wear gloves.
- d. The use of a hand sanitizer is obligatory.
- e. Notify the patient that you have washed your hands in the office.

4. What can be the position of the patient depending on his condition during the visit to the salon?

- a. * If the patient's condition is severe, allow him to lie in bed.
- b. * If the patient is in a relatively satisfactory condition, ask him to sit in bed.
- c. If the patient's condition is serious, do not question him.
- d. The patient decides what position he occupies.
- e. The relatively satisfactory condition forces you to interrogate the patient in a position.

5. What distance should you respect, doctor-patient, during the discussion with the patient?

- a. * The distance between you and the patient must be 1 meter.
- b. The distance between you and the patient must be 1.5 meters.
- c. The distance between you and the patient must be 0.5 meters.
- d. The distance between you and the patient must be 0.2 meters.
- e. Minimum distance.

6. How many degrees must the angle between you and the patient be?

- a. * The angle between you and the patient must be 45 degrees.
- b. The angle between you and the patient must be 55 degrees.
- c. The angle between you and the patient must be 65 degrees.
- d. The angle between you and the patient must be 75 degrees.
- e. The angle between you and the patient must be 35 degrees.

7. If the patient is lying in bed, on which side of the patient should the doctor be?

- a. * If the patient is lying in bed the doctor should sit to the right of the patient.
- b. If the patient is lying in bed, the doctor should be to the left of the patient.
- c. If the patient is lying in bed, the doctor should be as close as possible.
- d. If the patient is lying in bed, the doctor should stay as far away as possible.

e. If the patient is lying in bed the doctor should ask how comfortable the patient is.

8. How should you behave while collecting the medical history?

- a. * Listen to the patient carefully and don't interrupt him.
- b. * If the patient talks too much, find the moment and ask him what interests you.
- c. * If the patient does not accuse or refuse to say anything, you should use all your skills to explain that all the information received during the dialogue is extremely important for future diagnosis and treatment.
- d. If the patient talks too much, stop the dialogue.
- e. If the patient does not accuse - nothing external.

9. Collecting the anamnesis regarding the pathologies of the cardiovascular system, what do you ask the patient?

- a. * Do you have pain in the region of the heart, with irradiation in the hand, back or without?
- b. * What medications do you receive when pain occurs?
- c. * Do you have dyspnea? (breathing problems, Do you feel it?) inspiratory or expiratory?
- d. * Do you feel palpitations (do you feel the heartbeat?)
- e. What is the normal voltage?

10. When you collect anamnesis regarding the pathologies of the respiratory system, what do you ask the patient?

- a. * Do you have a cough? Dry or sputum? / Color?
- b. * Do you have dyspnea? (breathing problems, Do you feel it?) inspiratory or expiratory?
- c. * Temperature? The highest numbers?
- d. * Do you have chest pain?
- e. What is the normal voltage?

11. Collecting the history of general complains, what do you ask the patient?

- a. * Headache (headache)?
- b. * Vertigo (dizzy) ???
- c. * loss of appetite

- d. * Sleep disorders?
- e. What is the normal voltage?

12. Collecting the history of the disease, what do you ask the patient?

- a. * When did you get sick?
- b. * Did you call the doctor?
- c. * What treatment did you receive at home?
- d. When did you call the family doctor?
- e. Why didn't you get treatment at home?

13. Collecting the anamnesis on general questions, what do you ask the patient?

- a. * Have anyone of your close relatives this disease?
- b. * Do you smoke?
- c. * Alcohol?
- d. * Have you had surgery, viral hepatitis, tuberculosis?
- e. Where do you live?

14. Demonstration of the practical skills regarding the examination of the cardiovascular system, implies:

- a. * You need to check your pulse and measure your blood pressure.
- b. Perform an ECG.
- c. Perform CT.
- d. Decipher the ECG results.
- e. No answer is correct.

15. Demonstration of practical skills regarding the examination of the respiratory system, involves:

- a. * You need to measure your body temperature, pulse and oximetry (saturation of hemoglobin with oxygen).
- b. Perform spirometry.
- c. Perform functional tests.
- d. Describe the results of spirometry.
- e. No answer is correct.

16. Do you have to complete the patient questioning with three sentences, which are these?

- a. * Now I will prescribe the necessary investigations, do you agree?
- b. * Now I will prescribe the necessary treatment, do you agree?
- c. * Thank you, health, goodbye
- d. I will come back.
- e. I prescribed investigations and treatment, health