

## **Format of medical case-sheet**

(by Dr.Vashisth Das)

### Chief complaints and their interrogation:

#### 1. *general:*

##### a) fever – duration

- onset – sudden/insidious
- chills/rigors
- severity of fever
- diurnal variation
- sweating
- type of fever
- any other associated symptom

##### b) oedema/swelling – duration

- onset
- unilateral/bilateral
- where did it appear first
- progress
- painful/painless
- diurnal variation
- any other (urine output)

(note – bedridden patients may not complain of pedal oedema)

##### c) pain --- duration

- onset
- site
- type
- radiation
- aggravating factors
- relieving factors
- associated symptoms
- any other

#### 2. *symptoms suggestive of cardio-respiratory disease:*

##### a) cough --- duration

- onset – sudden/insidious
- diurnal variation
- postural variation
- seasonal variation
- any special character (eg. Whooping, bovine, brassy etc.)
- prolonged/short/paroxysmal
- associated symptoms – syncope, vomiting
- with/without expectoration

##### sputum --- quantity/24 hrs

- quality
- colour
- odour
- any h/o haemoptysis – duration

- frequency
- character(rusty/streaky/  
frothy/frank blood)
- associated symptoms
- any other (for eg. Salty taste – s/o alveolar cell Ca)

## b)breathlessness --- duration

- onset – sudden/insidious
- severity at its height
- progress
- aggravating and relieving factors
- type – exertional/not exertional
- if exertional, then grade the breathlessness
- h/o wheeze
- h/o orthopnea
- h/o PND
- h/o bluish discoloration of fingers/toes/nails
- other unusual types eg. Platypnea/trepopnea
- associated symptoms

## c)palpitations --- duration

- onset
- intermittent/sustained
- regular/irregular
- progress
- how does it subside
- associated symptoms
- any other

## d)chest pain – as in 1-c

(note – pleuritic chest pain is superficial, well localized and worsens on deep breathing/coughing/sneezing. Anginal chest pain is deep seated and poorly localized and worsens on exertion)

## e)fainting attacks(syncope) --- duration

- frequency
- position at onset
- premonitory symptoms

*3.symptoms suggestive of G.I. T. disease*

## a)vomiting --- duration

- frequency/24 hrs
- associated nausea
- abdominal pain(proceed with h/o pain as in1-c)
- contents of vomitus
- colour of vomitus
- projectile/non-projectile
- blood in vomitus – fresh/altered
- associated symptoms
- any other

b)loose motions --- duration

- frequency/24hrs
- type of stool – watery/rice water/semi solid
- contents – worms/undigested food particles
- colour
- presence of blood or mucous
- associated symptoms
- any other

c)abdominal pain --- as in 1-c

d)loss of appetite --- duration

- is it for any particular type of food
- associated symptoms
- any other
- loss of weight

e)bleeding per rectum – duration

- amount
- colour-altered/frank blood/streaky
- relation to defecation
- malaena/haematochezia

f)jaundice --- duration

- how was it noticed
- h/o high coloured urine
- h/o clay coloured stools
- h/o pruritus
- h/o drug intake
- associated symptoms

*4.symptoms suggestive of urinary tract disease:*

a)frequency of micturition

b)pyuria

c)haematuria

d)burning micturition

e)flank or renal angle pain

( for all the above symptoms enquire about the duration, onset, associated symptoms, any other)

*5.symptoms suggestive of C.N.S. disease:*

a)loss of power – duration

- onset
- which are the limbs affected
- which muscle groups affected(proximal/distal)
- details of events
- progress
- h/o stiffness
- h/o thinning of the affected limbs(wasting)

- h/o fasciculations/flexor spasms
- any other

b) sensory complaints – tingling/numbness/pins and needles

- sensation/burning sensation of palms and soles etc.
- duration
- onset
- progress – where it began and how it progressed to other parts
- appreciation of hot/cold(eg. Bathing)
- appreciation of touch(clothes on body etc.)
- associated symptoms
- any other

c) involuntary movements(tremor/chorea/athetosis/hemiballismus etc.) – duration

- onset
- parts of body involved
- aggravating factors
- relieving factors
- associated symptoms
- any other

d) bladder – retention of urine

- precipitancy
- hesitancy
- incontinence
- automatic micturition
- autonomous micturition

(enquire about the duration, onset, associated symptoms)

f) bowel continence

g) h/o cranial nerve dysfunction – visual

disturbances/diplopia/dysphagia/dysphoria/deviation of the angle of the mouth etc.)

h) h/o loss of consciousness – details

g) h/o seizures or fits – duration

- frequency
- what was the pt. doing at the time of onset
- focal/general
- tonic/clonic
- h/o tongue bite
- h/o uprolling of eyes
- h/o frothing
- h/o incontinence
- h/o any other injury
- h/o sensory disturbances(tingling etc)
- h/o premonitory symptoms

- h/o precipitating factors(alcohol/tv/menses etc.)
- h/o post ictal palsy/neurological deficits

h)h/o difficulty in speaking/reading

i)h/o raised ICP – headache(as in 1-c)/blurring of vision/vomiting

j)tinnitus/vertigo/giddiness/blackouts/syncope/drop attacks

- duration
- frequency
- associated symptoms
- any other

k)h/o trauma

l)h/o fever

m)h/o ear discharge

n)h/o bleeding tendencies

o)h/o exposure to environmental toxins

p)h/o recent vaccination

#### *6.consumption of poison*

- time and date
- name/nature/quantity of poison consumed
- symptoms developed after consumption of poison
- time elapsed between consumption of poison and reaching
- was stomach wash given
- purpose of consumption
- any other

#### *7.joint pains*

- duration
- onset
- joints involved in chronological order
- h/o morning stiffness
- h/o swelling of joints
- h/o restricted movements
- h/o joint deformity
- associated symptoms(fever etc.)

#### Past history

- any h/o similar complaints in the past
- any other major illness like diabetes/TB/hypertension/jaundice etc.
- h/o previous hospitalization - details
- h/o major operations/accidents
- h/o blood transfusion
- any other

if answer is yes to any of the above, give details

#### Personal history

Diet –  
Appetite –  
Sleep –  
Micturition –  
Bowels –  
Habits – smoking – duration/frequency/quantity/brand  
-- alcohol – duration /frequency/quantity/brand

Family history

-- married/single  
-- if married – duration  
-- no. of issues/no. alive/abortions/pedigree chart  
-- if unmarried – no. of brothers/sisters/their health and health of  
parents  
-- h/o hereditary/familial disease  
-- h/o similar complaints/tb/hypertension/diabetes/infections

Sexual history

-- pre/extramarital sexual contact  
-- h/o multiple partners  
-- h/o visiting commercial sex workers  
-- whether homosexual/heterosexual/bisexual  
-- h/o penile ulcer  
-- h/o inguinal swelling/urethral discharge etc.

Socioeconomic history

-- social background and annual income

**Examination**

General physical examination

1. Build/nourishment/consciousness/co-operation/orientation to time, place and person
2. vital signs:
  - pulse – rate/rhythm/volume/force/tension/character of vessel wall/any special character of pulse/radio-radial or radio-femoral delay/peripheral pulsations
  - blood pressure – upper limb/lower limb  
-- supine and standing
  - respiration – rate/type/rhythm
  - temperature
3. height –
4. weight –
5. a) body mass index –  $\text{weight(kg)/height(m)}^2$

b)body surface area --

6.scalp –

7.eyes – palpebral conjunctiva

upper part of sclera

sclera on either side of the cornea

cornea

pupils

any other

8.nose –

9.oral cavity – lips

angular stomatitis

teeth and gums

tongue

oropharynx

any other

10.ears – external pinna

external acoustic canal

11.facies

12.neck – thyroid

lymph nodes

jugular venous pressure

any other

13.upper limbs – nails – clubbing/cyanosis/pallor

oedema

pigmentations

axillary lymphadenopathy

any other

14.chest and abdomen

15.lower limbs – nails

oedema

pigmentations

popliteal and inguinal lymphadenopathy

whenever there is pigmentation, it is to be described in terms of distribution/type/any other

whenever there is lymphadenopathy it is to be described in terms of group/number/size/consistency/tenderness/fixity(to each other and surrounding structures)/catchment area

- 16.markers of congenital heart disease – high arched palate/cleft lip/cleft palate/polydactyly etc.
- 17.neurocutaneous markers – short neck/low hairline/vascular naevi/neurofibromata
- 18.signs of liver cell failure – foetor hepaticus/spider naevi etc.
- 19.joints – swelling / erythema / deformity / effusion / tenderness – grade 1- pt says joint is tender; grade 2 – winces on touch; grade 3 – withdrawal of limb; grade 4 – does not allow to touch
20. sternal tenderness

**systemic examination: (affected system to be examined first)**

**respiratory system**

upper respiratory tract:

- a)nose and nasal cavity
- b)sinus points – frontal(right and left)
  - ethmoidal(right and left)
  - maxillary(right and left)
- c)oropharynx

lower respiratory tract:

a)*inspection* :

shape – lie of ribs

- shoulder drooping
- intercostals spaces
- subcostal angle
- distance between iliac crest and costal margin
- spine
- supraclavicular fossae
- spinoscapular distance
- flattening / hollowing / fullness

conclusion regarding the shape and symmetry of the chest

movements with respiration – type of respiration

- respiratory rate

position of mediastinum – traile's sign(present/absent)

- apical impulse

b)*palpation:*

confirmation of respiratory movements

position of mediastinum – trachea

- apical impulse

conclusion regarding position of mediastinum



tenderness – intercostals spaces  
-- ribs

measurements:

- anteroposterior diameter(cm)
- transverse diameter(cm)
- AP diameter: Transverse diameter ratio
- chest circumference(cm)  
during deep inspiration –  
during I expiration –  
expansion =
- right hemithorax circumference  
deep inspiration –  
expiration –  
expansion =
- left hemithorax circumference  
deep inspiration –  
expiration –  
expansion =
- spinoscapular distance –
- spinoacromion distance –

tactile vocal fremitus

friction fremitus

*c)percussion*

identical areas on both sides – supraclavicular, clavicular, infraclavicular, mammary,  
axillary, infraaxillary, suprascapular, upper interscapular,  
lower interscapular, infrascapular

upper border of liver dullness

tidal percussion

kronig's isthmus

traube's space

superficial cardiac dullness(present/obliterated)

note: whenever lower part of the chest wall is dull to percuss:

- upper border of liver dullness – type of line
- shifting dullness
- percussion note above the level of dullness

*d)auscultation*

intensity of breath sounds

type of breath sounds – vesicular

- vesicular with prolonged expiration
- bronchial – tubular/cavernous/amphoric

adventitious sounds – wheeze

- crepitations
- rub

vocal resonance –

*e)special tests*

for cavity – post tussive crepitations

- post tussive suction
- whispering pectiroloquy
- egophony/bronchophony

for hydropneumothorax – succussion splash

- coin test(over pneumothorax part)

**cardiovascular system***peripheral CVS*

pulse – rate

- rhythm
- volume
- force
- tension
- character of vessel wall
- any special character of pulse
- radial-radial comparison
- radial-femoral comparison
- other peripheral arterial pulsations      right      left
  - dorsalis pedis
  - posterior tibial
  - popliteal
  - femoral
  - brachial
  - carotid

signs of CCF – jugular venous pressure-height of column

- waveforms and character
- liver
- dependent oedema
- hepato-jugular reflux

blood pressure – upper limb

- lower limb
- supine and standing

others – clubbing

- cyanosis
- markers of congenital heart disease(arachnodactyly/hypertelorism/high arched palate/radial deformity of forearm/low hair line etc)
- signs of infective endocarditis
- s/o ischaemia I)asymptomatic II)intermittent claudication III)pain at rest IV)tissue loss
- peripheral signs of AR

- s/o of thromboembolism
- s/o hyperlipidemia – xanthelasma / xanthoma
- features of acute rheumatic fever
- optic fundi

### *central CVS*

#### inspection:

- shape of chest – pectus excavatum / kyphoscoliosis
- precordial bulge
- location of apical impulse
- pulsations other than apical impulse
  - epigastric
  - left parasternal
  - pulmonary area
  - suprasternal
  - supraclavicular
  - scars / sinuses

#### palpation:

- location of apical impulse and character
- left parasternal heave
- epigastric pulsations
- diastolic shock
- supraclavicular pulsations
- thrills
- any other pulsations
- tracheal tug

#### percussion:

- left border
- right border
- left 2<sup>nd</sup> space
- right 2<sup>nd</sup> space
- upper part of sternum
- lower part of sternum

#### auscultation:

##### heart sounds

- 1<sup>st</sup> heart sound
- 2<sup>nd</sup> heart sound
- splitting of heart sounds
- added sounds

##### murmurs

- site where best heard
- timing
- character
- grade
- pitch

- conduction
- which body position best heard
- relation to phase of respiration
- better heard with bell or diaphragm
- special manoeuvres to alter the murmur(dynamic auscultation)

pericardial rub –

note: auscultation should proceed in the following manner, mitral area>tricuspid area>neoaortic area>pulmonary area>aortic area

note:never comment on the 2<sup>nd</sup> heart sound in the mitral and tricuspid areas, never comment on the 1<sup>st</sup> heart sound in the pulmonary and aortic areas

### **per-abdominal examination**

#### *inspection*

- shape
- visible peristalsis
- movements with respiration(quadrants of the abdomen)
- engorged veins(which part of abdominal wall/direction of flow)
- umbilicus
- hernial orifices (epigastric/umbilical/incisional/inguinal/femoral)
- divarication of recti
- skin of abdominal wall (operation scars/branding marks/pigmentations etc)
- scrotum
- signs of chronic hepatocellular failure

#### *palpation*

superficial – tenderness

--- rigidity

deep – liver (size/surface/margin/consistency/tenderness)

-- spleen (size/surface/margin/consistency/tenderness)

-- kidneys (size/surface/margin/consistency/tenderness)

#### *Percussion*

For free fluid in the abdomen

- fluid thrill (grade 4)
- horse-shoe shaped dullness (grade 3)
- shifting dullness (grade 2)
- percussion around umbilicus with patient in knee-elbow position (grade 1)
- puddle's sign (minimal fluid)

organ percussion

- liver
- spleen
- other lumps

*auscultation*

- peristaltic sounds
- arterial bruits
- paraxiphoid venous hum
- rubs – hepatic/splenic
- foetal heart sounds and uterine souffle

*per rectal / per vaginal examination -*

**central nervous system**

*higher mental functions*

- consciousness – if impaired document using Glasgow-coma scale
- memory
- intelligence
- mood/emotion
- concentration and calculation
- intelligence / logical thought
- apraxias
- hallucinations and delusions
- orientation to time/place/person
- speech
  - spontaneous speech - comprehension
  - fluency
  - word output
  - neologisms
- reading
- writing
- repetition
- naming objects
- phonation
- aphasia
- dysarthria

conclusion:

*cranial nerves*

1<sup>st</sup> nerve(olfactory) – sense of smell

2<sup>nd</sup> nerve(optic)

- visual acuity (finger counting)
- field of vision (confrontation method)
- colour vision
- optic fundi

3<sup>rd</sup> , 4<sup>th</sup> , 6<sup>th</sup> nerves(oculomotor,trochlear,abducens)

inspection

- diplopia
- squint
- nystagmus
- ptosis

- pupils – size/symmetry

examination proper

- conjugate ocular movements
- individual eyeball movements
- light reflex - direct
- indirect
- accommodation

right

left

conclusion:

5<sup>th</sup> nerve(trigeminal)

motor:

- lateral pterygoids
- temporalis
- masseter

right

left

sensory:

- ophthalmic division
- maxillary division
- mandibular division
- corneal reflex
- conjunctival reflex

7<sup>th</sup> nerve(facial)

inspection:

- forehead wrinkles
- inability to close the eye
- bells sign
- epiphora
- exposure conjunctivitis and keratitis
- food sticking in the vestibule of the mouth
- flattening of the nasolabial fold

examination proper:

- frontal belly of occipitofrontalis
- procerus
- orbicularis oculi
- zygomaticus major, minor and levator anguli oris
- orbicularis oris
- buccinator
- platysma

right

left

conclusion:

8<sup>th</sup> nerve(vestibulocochlear)

- acuity of hearing(watch test)
- rinne's test
- weber's test
- absolute bone conduction

right

left

conclusion:

9<sup>th</sup> and 10<sup>th</sup> nerves(glossopharyngeal and vagus)

## palate

- nasal twang of voice
- nasal regurgitation of food
- position of uvula
- 'aah' test
- palatal reflex

## pharynx

- secretions pentup in oropharynx
- dysphagia
- pharyngeal reflex

## larynx

- hoarseness of voice
- indirect laryngoscopy

## tongue

- taste sensation from the posterior 1/3 of tongue

11<sup>th</sup> nerve(accessory)

- sternocleidomastoid
- trapezius

12<sup>th</sup> nerve(hypoglossal)

- appearance of tongue in oral cavity (wasting etc)
- deviation of tongue on protruding it
- power in muscles of tongue
- tone of tongue
- fasciculations

*motor system*

## nutrition

- small muscles of the hand
- forearm(above styloid process)
- upper arm(above medial epicondyle)
- leg(above medial malleolus)
- thigh(above adductor tubercles)

right

left

## conclusion:

## tone (spasticity/rigidity – cogwheel,leadpipe)

- wrist
- elbow
- knee
- ankle
- any other – focal dystonia etc.

right

left

## power (MRC grade)

## shoulder – flexors

- extensors
- abductors
- adductors

right

left

elbow -- flexors  
           -- extensors  
 wrist -- flexors  
        -- extensors  
 hand grip –  
 small muscles of hand -  
 hip -- flexors  
       -- extensors  
       -- abductors  
       -- adductors  
 knee -- flexors  
       -- extensors  
 ankle -- dorsiflexion  
        -- plantar flexion  
        -- inversion  
        -- eversion  
 ext. hallucis longus –  
 trunk –  
 neck –  
 conclusion:

co-ordination

upper limb

right

left

- finger-nose test
- finger-nose-finger test

lower limb

- heel-knee test
- tandem walking

conclusion:

involuntary/abnormal movements (fasciculations/tremors/chorea/athetosis etc.)

reflexes

right

left

superficial – plantar

- anal
- bulbocavernosus
- cremasteric
- abdominal – upper
  - middle
  - lower
- corneal
- conjunctival

deep – biceps

- triceps
- supinator
- knee
- ankle
- patellar clonus
- ankle clonus
- jaw jerk
- hoffman's reflex



-- wartenberg's sign  
primitive / release reflexes -

*sensory system*

touch

- crude touch
- pressure

pain

- superficial
- deep

temperature

- hot
- cold

posterior column sensations

- vibration sense (128 hz)
- muscle and joint sense
- fine touch(discriminative)
- rhomberg's sign

cortical sensations

- tactile localization
- stereognosis
- cerebral extinction/inattention
- dermatography
- sensory inattention

*cerebellar signs*

- nystagmus
- staccato/scanning speech/dysarthria
- hypotonia
- dysmetria
- rebound phenomenon
- intentional tremor
- pendular knee jerk
- attitude
- gait
- ataxia
- titubation
- any other

*stance / gait / attitude*

*miscellaneous*

- skull and spine -
- signs of meningeal irritation - neck rigidity
  - head Brudzinski's sign
  - leg Brudzinski's sign
  - Kernig's sign
  - straight leg raising sign of Lasegue

- neurocutaneous markers :-
  - vascular naevi
  - neurofibromata
  - low hairline
  - short neck
- peripheral nerves and A.N.S.
- sphincters
- carotid artery pulsations/auscultation

**PROVISIONAL DIAGNOSIS**

(should contain ANATOMICAL,PATHOLOGICAL and AETIOLOGICAL considerations, and whenever applicable – COMPLICATIONS)