Cardiovascular System
Breathlessness

- on exertion only (noting degree of exertion)
- also at rest, if wakes at night (eg paroxysmal nocturnal dyspnoea, PND)
- duration, severity, precipitating factors, orthopnoea, number of pillows used
- Pain in chest
  - onset - on exertion or at rest, or associated with activity, such as breathing or change in posture
  - character - sharp, crushing or “tight”
  - site
  - radiation
  - duration
  - exacerbating and relieving factors (e.g. drugs such as GTN)
  - accompanying sensations (e.g. breathlessness, vomiting, cold sweats, pallor, reflux, heartburn)
  - precipitating factors - cold, heavy meal, emotion
oedema

- ankle swelling - time of day
- abdominal swelling - tightness
- of trousers or skirt
palpitation

- patient conscious of irregularity
- or forcefulness of heart beat
- character of palpitation – patients
- may tap out the rhythm
Dizziness

- whether associated with change in posture, or palpitation
- whether true vertigo
- whether associated with collapse or loss of consciousness
- fain
Peripheral vascular symptoms

- intermittent claudication – pain in the calves or buttocks on exertion, relieved by rest. Exercise limit, on flat ground and stairs.
- • cold feet or hands – association with temperature. Associated cyanosis, pain or dysasthesia (Raynaud’s phenomenon).
- • rest pain – pain in muscles or feet
Respiratory System
cough

- Cough
- • duration
- • character
- • productive (of sputum) or not?
- • frequency
- • causing, or associated with, pain?
- • associated with symptoms of infection?
Sputum

- Quantity
- Colour
- Type (frothy, stringy, sticky)
- When most profuse (during the day, night, the time of year and the effect of posture)
- Presence of blood (haemoptysis) Is the blood red or brown? (i.e. fresh or old). Streaked with blood/ clots?
- Is it purulent?
Breathlessness

• on exercise or at rest
• exercise limit – on flat, on stairs
• relationship with posture
• Diurnal variation
wheeze

- Wheeze
- • precipitating factors, (cough, fog, emotion, change of environment, contact with animals or birds, time of year)
- • Diurnal variation
Pain in chest

- Pain in chest
  - site
  - character
  - relationship with respiration
  - (pleuritic)?
  - relationship with coughing?
Hoarseness

- change of voice with or without pain
- duration?
- site of pain - pharynx or neck
- “Sore throat”
Nasal discharge or obstruction

- one or both nostrils
- watery or purulent?
- blood (epistaxis), note – may result
- in haematemesis if blood swallowed
Loss weight

- time course
- appetite: food intake
sweating

- day or night
- requiring change of clothes?
- associated with other symptoms of infection?
smoking

- cigarettes, cigars?
- tobacco?
- duration (packets/day x years = PACK YEARS
Occupation

- high risk occupations – e.g. mining, farming, shipyards
- type of dust? asbestos?
- duration

Jamal dabbas