

## History Taking

<b>Introduction</b>
Introduce yourself to the patient including your name and role.
Confirm the patient's name and date of birth.
Gain consent to proceed with the history taking and clinical examination afterwards.
Review patient's past records, if available.
Check any referral or transfer correspondence.
<b>Chief complaint</b>
Identify the Chief Complaint; Begin with open questions. (e.g., How can I help you today?)
Duration.
<b>History of presenting illness</b>
Analyze the Chief complaint;
Pain as an example (SOCRATES): Site, Onset, Character, Radiation, Associated symptoms, Timing (duration, course, pattern), Exacerbating and relieving factors, Severity.
Elicits pertinent positives and negatives related to the system of the chief complaint.
Current hospital course (if applicable).
<b>Past Medical and Surgical History (PMH): ask the patient in details about</b>
Previous similar attacks.
Major illnesses (e.g. Diabetes mellitus, Hypertension, Hyperlipidemia, Hypo-/Hyperthyroidism, etc.)
Hospitalizations, (Reason, length of stay, Discharge summary).
Operations, including (Procedure, Reason, Diagnosis, Implants, Complications).
Serious injuries.
Vaccinations & preventive interventions.
Dietary History (Does the patient follow any special diet).
<b>Medication History</b>
Provide details of your current medications. (Name, dosage, frequency, route and compliance).
Prescription drugs. Over-the-counter remedies. Herbal and homeopathic remedies.
Vitamin or mineral supplements. Inhalers and topical medications.
Drug interactions, side effects, changes, or allergies.
<b>Family History</b>
Parents present age and state of health, or Age at death and cause, consanguinity.
Major medical or psychiatric problems in the family.
History of breast, ovarian, colon, prostatic cancers, hypertension, heart disease, diabetes, alcoholism, or depression.
<b>Social History and Lifestyle</b>
Occupational and Environmental History (Current job, Longest-held job, Exposure to fumes, dust, chemicals, metals, noise, or radiation).
Cigarette Smoking (Duration of smoking, Packs smoked per day, Interest in quitting).
Alcohol and Other Drugs (Use of other substances e.g., prescribed narcotics and recreational drugs).
Marital Status and Family Situation.
Residential situation and contact with animals.
Travel History (Specific locations visited and travel dates, History of travel-related vaccinations or anti-malaria prophylaxis).
<b>Review of Systems</b>
General review: Weight loss, appetite change, lumps or bumps (nodes), rashes, joint pain.

Cardiovascular symptoms: chest pain, palpitations, peripheral oedema, paroxysmal nocturnal dyspnoea (PND), orthopnoea, Syncope, Pre-Syncope.

Respiratory symptoms: Cough, shortness of breath (and exercise tolerance), haemoptysis, sputum production, wheeze.

Gastrointestinal symptoms: appetite changes, nausea, vomiting, dyspepsia, dysphagia, weight loss, abdominal pain, abdominal distension, jaundice, and changes in bowel habits (constipation, diarrhea, steatorrhea, melena, and hematochezia).

Genitourinary symptoms: dysuria, discharge, lower urinary tract symptoms, changes in urine output or color (oliguria, polyuria, anuria, dark urine, and hematuria), polyuria, dysuria, flank pain, offensive discharge, and pelvic pain, urgency, incontinence, terminal dribbling and nocturia, fatigue, nausea, anorexia, and pruritis.

Neurological symptoms: blurred vision, changes in color vision, sudden loss of vision, and floaters, headache, motor or sensory disturbances, muscle weakness, numbness, and paraesthesia, loss of consciousness, seizures, confusion.

Psychiatric symptoms: Depression, anxiety.

Ear, nose and throat symptoms: Hearing loss/tinnitus, otalgia, Facial pain, Persistent nasal discharge, Epistaxis, Dysphonia, Dysphagia, Odynophagia.

#### **Finalize History Taking session**

Ask if the patient wants to add anything.

Express gratitude.

Summarize and document findings.

Reference: Talley, N. J., & O'Connor, S. Clinical Examination: A Systematic Guide to Physicians Diagnosis, 9th Edition.

