

Please read the following conversation (**Patient Encounter**) between a doctor and a male patient and physical examination findings (**Physical Examination**), and write a **patient note** about this patient:

History Taking

Student Doctor: Hello. My name is Takayuki Oshimi, and I am one of the student doctors at this hospital. I would like to speak to you about your health today. Would that be all right?

Patient: Sure.

Student Doctor: Before we begin, I'd just like to check I've got the right person; could you confirm your full name, date of birth, and age for me, please?

Patient: Yes. My name is Penny Benjamin, and my date of birth is May 16, 1968. I'm 54 years old.

Student Doctor: Nice to meet you, Ms. Benjamin. How can I help you today?

Patient: Well, I've experienced terrible chest pain, and I want to find out if there's anything wrong with me.

Student Doctor: Do you have any chest pain right now?

Patient: No, no pain at this time.

Student Doctor: OK. Could you then tell me more about the chest pain you have experienced?

Patient: While doing a Zumba dance at the gym this morning, I suddenly felt tight in my chest. I have had similar pains over the past year, but they resolved without treatment. The pain this morning was more severe than the previous ones.

Student Doctor: I see. Do you remember when exactly you first noticed the pain this time?

Patient: Well, I think it was around 10:30 in the morning.

Student Doctor: How long did the pain last?

Patient: A few minutes. Definitely less than 5 minutes.

Student Doctor: Did the pain start suddenly or gradually?

Patient: I would say it started gradually.

Student Doctor: Do you dance on a regular basis?

Patient: I joined the gym two weeks ago, and it was my second time joining the dance lesson.

Student Doctor: Have you ever had similar pains during the dance lesson?

Patient: I'm not so fit, so I always have shortness of breath during the dance. But I have never had chest pain before.

Student Doctor: Did you have shortness of breath while you had the pain?

Patient: Yes, indeed.

Student Doctor: Did you feel dizzy when you had the pain?

Patient: Yes, I felt pretty dizzy and nauseous, but I didn't vomit. My breakfast is still here (rubbing her stomach).

Student Doctor: Did you eat something unusual for your breakfast?

Patient: No, my usual breakfast: bread, milk, yogurt, and black coffee.

Student Doctor: You said that you had similar pains in the past. Could you tell me more about them?

Patient: I walk my dog every morning, and recently I found it hard to catch up with my dog because I feel tight in my chest. But the tightness disappeared after taking a break for minutes.

Student Doctor: When did you first notice the symptoms?

Patient: About three months ago.

Student Doctor: I see. Do you feel back to normal now?

Patient: No, I still feel a little bit nauseous.

Student Doctor: Have you taken any medications to treat the pain?

Patient: I took two ibuprofen tablets for the pain, just in case.

Student Doctor: Now I'd like to ask you for more details about the pain.

Patient: Sure, go ahead.

Student Doctor: Could you show me where you had the pain?

Patient: I cannot point exactly where it hurt. It was just around the middle of my chest.

Student Doctor: Did the pain move anywhere else?

Patient: No.

Student Doctor: It seems that you feel this type of pain when you exert yourself. Is that correct?

Patient: You're right. Walking my dog and doing a Zumba dance... I think they are all related to the pains.

Student Doctor: You said taking a rest relieved the pain during a walk. Is there anything else that relieves the pain?

Patient: I don't think so.

Student Doctor: Could you describe how the pain felt?

Patient: I would say it was dull, squeezing, heavy pain.

Student Doctor: On a scale of zero to ten, ten being the worst pain you can imagine, how severe was the pain?

Patient: At worst, it was 4 out of 10. I'm not in pain now.

Student Doctor: Now, I want to ask if you have any other symptoms. Did you notice you sweated abnormally?

Patient: Yes, I think so.

Student Doctor: How about palpitations? Did you feel your heart pounding?

Patient: Yes, my heart was fluttering when I had the pain.

Student Doctor: How about consciousness? Were you conscious during the pain episode?

Patient: Yes. My consciousness was clear.

Student Doctor: Do you have heartburn?

Patient: No.

Student Doctor: Have you noticed any changes in the color of your stools?

Patient: Not that I know of.

Student Doctor: Do you cough?

Patient: No.

Student Doctor: Any skin rash on the chest wall?

Patient: No, I don't think so.

Student Doctor: Besides the chest pain, do you have any other health problems now?

Patient: I've been taking medications for my high blood pressure and high cholesterol for the past five years.

Student Doctor: Do you remember the drug names?

Patient: Candesartan for high blood pressure and Atorvastatin for high cholesterol. Both of them, one tablet per day.

Student Doctor: Are you on any other medications?

Patient: No.

Student Doctor: How about supplements?

Patient: Nope.

Student Doctor: When was your last health checkup?

Patient: Last November. The same findings as always. Hypertension and high cholesterol.

Student Doctor: Were there any other abnormalities in the checkup?

Patient: No.

Student Doctor: Have you had any other problems with your health in the past?

Patient: I had my gallbladder taken out by a keyhole operation two years ago. No complications.

Student Doctor: I see. Have you ever had any other surgeries?

Patient: I had C-section for my son at the age of 32.

Student Doctor: Anything else?

Patient: No.

Student Doctor: Any other health issues in the past?

Patient: No.

Student Doctor: Do you remember if you got chickenpox or had chickenpox vaccination in the past?

Patient: I had all of the required vaccines. I'm pretty sure that I got the chickenpox vaccine as well.

Student Doctor: How about allergies? Are you allergic to any medications?

Patient: No.

Student Doctor: How about food allergies?

Patient: No.

Student Doctor: Allergies to anything else?

Patient: No.

Student Doctor: Now I would like to ask about the health of your family members. Would that be all right with you?

Patient: Sure.

Student Doctor: Are your parents still with us?

Patient: Yes, but my father had a heart attack two years ago. He has high blood pressure and high cholesterol like me. My mom has Alzheimer's and is now in a nursing home.

Student Doctor: How old was your father when he had a heart attack two years ago?

Patient: He was 81.

Student Doctor: I see. Do they have any other health problems?

Patient: My mom has inactive thyroid as well.

Student Doctor: Anything else?

Patient: No.

Student Doctor: OK. Now I would like to ask about your lifestyle. Would that be all right with you?

Patient: Sure, go ahead.

Student Doctor: Do you live alone or with somebody else?

Patient: I live with my husband and three dogs. No kids.

Student Doctor: Are you working now?

Patient: Yes, I work as an accountant at a publishing company.

Student Doctor: Do you feel highly stressed from your job?

Patient: No company is perfect, but they are not so demanding. I'm pretty happy with my job.

Student Doctor: Do you drink alcohol?

Patient: No, I don't drink at all.

Student Doctor: Do you smoke?

Patient: Never in my life.

Student Doctor: Have you traveled recently?

Patient: Due to the pandemic, unfortunately, not in the past three years.

Student Doctor: To ensure we've not missed anything, I'd like to ask some questions more broadly about your health. Would that be all right with you?

Patient: Yes.

Student Doctor: Do you feel feverish?

Patient: No.

Student Doctor: Have you noticed any changes in your appetite?

Patient: Unfortunately, not.

Student Doctor: Have you noticed any changes in your weight?

Patient: I wish I would lose weight.

Student Doctor: Have you noticed any changes in your sleeping habits?

Patient: No. I try to sleep for at least 7 hours every night.

Student Doctor: Do you have fatigue?

Patient: Yes, I have been a little woozy since three months ago.

Student Doctor: Do you have a headache?

Patient: No.

Student Doctor: Any problem with your eyes?

Patient: No.

Student Doctor: Any problem with your mouth?

Patient: No.

Student Doctor: Do you have shortness of breath now?

Patient: No.

Student Doctor: Does heat or cold bother you more than usual?

Patient: No.

Student Doctor: Do you bleed easily?

Patient: No.

Student Doctor: When was your last menstrual period?

Patient: Well... 3 years ago, I think.

Student Doctor: You said you had C-section for your son at 32. Do you have other kids?

Patient: No, just him.

Student Doctor: Have you ever had any miscarriage or abortion?

Patient: No.

Student Doctor: OK, Ms. Benjamin. Is there anything in particular that you are concerned about?

Patient: I'm just worried I might have a heart attack like my father. I would appreciate it if we could find out what's happening ASAP.

Student Doctor: OK. We'll do our best. Now I would like to summarize what you have told me. If I misunderstood you, please correct me.

— *Your Summary* —

Student Doctor: Do you have anything to add?

Patient: No.

Student Doctor: Do you have any questions?

Patient: No.

Student Doctor: I would like to consult my supervisor to discuss your care plan. We will be back shortly, so please wait here. Thank you very much.

Here is the end of “**History Taking.**”

Physical Examination

Vital Signs:

- Temp: 98°F
- BP: 138/88 mmHg
- HR: 86/min, regular
- RR: 18/min

General Appearance: The patient is in no acute distress.

Mental Status: The patient is awake and alert.

HEENT:

- No conjunctival icterus or pallor
- No oral sores, oropharynx clear
- No cervical lymphadenopathy
- No thyromegaly
- No jugular venous distension
- No carotid bruits or murmur radiation

Heart:

- No thrills or heaves
- The point of maximal intensity is not displaced or not sustained
- Regular rate and rhythm
- Normal S1 and S2, no murmurs, rubs, or gallops

Chest:

- No spider nevi
- Bilateral resonant sounds on percussion
- Clear to auscultation bilaterally: No wheezes, rhonchi, or crackles

Abdomen:

- Soft, non-tender
- No scars, abdominal distension, caput medusae, striae, hernias, or spider nevi
- Positive bowel sounds in all four quadrants
- No high-pitched or tinkling sounds
- No aortic bruit
- No hepatosplenomegaly
- No rebound tenderness
- No guarding
- No pulsatile masses
- Negative Murphy's sign
- No costovertebral angle (CVA) tenderness

Neuro:

- Deep tendon reflexes: symmetric 2+ in patellar tendons

Upper Extremities:

- No palmar pallor or erythema
- No koilonychia or leukonychia
- No clubbing, cyanosis, or peripheral edema
- Capillary refill time is more than 2 seconds
- No asterixis
- No postural tremors

Lower Extremities:

- No peripheral edema

Here is the end of **"Physical Examination."**