**Case-7: Br. Asthma**

**Patient Brief Record / Brief Scenario:**

**(Information for student about the case)**

* **Patient Name: Yasir**
* **Age: 30 years**
* **Occupation: Teacher, a Private Primary School**
* **He has recently transferred from Jeddah to work in Riyadh.**
* **Today BP: 110/80 mm Hg**
* **Weight: 70**
* **Height: 168**

**Mr. yasir is a 30-year old, came today with the complaint of difficulty in breathing and on and off cough past two weeks .**

**TASK: (What is expected from a student?)**

* **Take a focus history from this patient.**
* **Examine Respiratory system examination, including PFM.**
* **Inform the patient about the possible diagnosis.**
* **Manage the case appropriately**
* **Explain to the patient the management plan.**

**Case-7: Br. Asthma**

**Patient Brief Record / Brief Scenario:**

**(Information for the simulated patient)**

* **Patient Name: Yasir**
* **Age: 30 years**
* **Occupation: Teacher, a Private Primary School**
* **Married, with 2 children 1 and 3 Year old.**

**You are a 30-year-old man, who works as a teacher. You have transferred from Jeddah to work in Riyadh, three weeks ago. After few days of arrival in Riyadh, You started to have cough, and difficulty in breathing.**

**Opening scenario: I have difficulty in breathing and cough doctor (You will admit only this information).**

**Tell your doctor about the following information only if specifically asked about:**

* **Difficulty in breathing started after few days of arrival in Riyadh .**
* **Difficulty in breathing is more early morning associated with dry cough.**
* **Also, you feel some sound (wheezing) during attacks.**
* **You have visited Accident & Emergency (A/E) twice last week, and given Oxygen by mouth and an injection.**
* **You were started on Ventolin Inhaler, which relief you but not much.**
* **You are non-smoker,**
* **Your younger brother is asthmatic**
* **You are not known to have any other chronic illness.**
* **Patient’s idea: possibly, it is bronchial asthma as your brother.**
* **Concern; Possibly, you will suffer, by frequent visit to accident & Emergency.**
* **Expectation is to get medication, which relieve you completely.**
* **Any other points, please relate to your own personal & family history.**

**Important Notes for the SP:**

* **Doctor will examine your chest from front and back to confirm the diagnosis**

**Case-7: Br. Asthma : CHECKLIST**

1. **Professional behavior**

* Introduces himself, and get the permission to take history and do examination
* Starts with open ended question.
* Develops the rapport with patient.

1. **History Taking Skills:**

* Explore about the problem; time, duration, characters,
* Character of cough and sputum
* Associated with wheezing?
* Aggravating and relieving factors
* Family history about the similar problem.
* Plant or animal at home.
* Smoking
* Medications
* Social history (home or work stress…)
* Ongoing problem/past history
* Summarizes to the patient about the history taken from him.
* Explores, patient idea, concern and expectation, appropriately.

1. **Clinical examination:**

* General Examination:
* Vital signs
* Respiratory system examination.
* PFM

1. **Management**

* Explore the patient understanding about the problem.
* Explains the problem to the patient in simple way.
* Inform about the diagnosis of Br Asthma
* Lab investigation:
  + CBC
  + Pulmonary Function Test
* Advice to avoid triggering factors.
* Steroid Inhaler & long acting Salbutamol
* Arrive at shared understanding.
* Invite questions from patient
* Summarize at the end of consultation
* Follow up arranged.