Propaedeutics of Internal Medicine

Workbook
Clinical manual

Recommended by the Academic Board of Bogomolets National Medical University as a manual for students of higher medical education establishments

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The manual contains workbooks on Propaedeutics of Internal Medicine, which are aimed at improving the self-training of English-speaking students of the 3rd year to practical classes in the clinic. The structure and contents of the manual are adapted to the requirements of the curriculum of the discipline “Propaedeutics of Internal Medicine” for students of higher medical education establishments. Structured self-study questions, situational tasks and quiz test questions will simplify and facilitate students’ work on their own. The manual was worked out by the teachers of the Department of Propaedeutics of Internal Medicine No. 2 at Bogomolets National Medical University taking into account all suggestions and comments received during recent years from the pedagogical team, students and practicing doctors.

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Abbreviations

ACS – acute coronary syndrome
AF – atrial fibrillation
AH – arterial hypertension
AHA – American Heart Association
ALS – advanced life support
ALT – alanine transaminase
or alanine aminotransferase
AST – aspartate transaminase
or aspartate aminotransferase
AV – atrioventricular
BMI – body mass index
BLS – basic life support
BP – blood pressure
CBC – complete blood count
CK – creatine phosphokinase
CK–MB – creatine phosphokinase
MB isoenzyme
COPD – chronic obstructive
pulmonary disease
CPR – cardiopulmonary
resuscitation
CT – computed tomography
CVS – cardiovascular system
CXR – chest X-ray
ECG – electrocardiography
ESR – erythrocyte sedimentation
rate
ESRD – end-stage renal disease
GFR – glomerular filtration rate
GI – gastrointestinal
Hb – hemoglobin
HDL – high density lipoprotein
HF – heart failure
HR – heart rate
IHD – ischemic heart disease
IM – intramuscular
ISH – International Society
of Hypertension
IV – intravenous
JVP – jugular venous pressure
LDL – low density lipoprotein
LDH – lactate dehydrogenase
LVH – left ventricular hypertrophy
MI – myocardial infarction
MRI – magnetic resonance imaging
NMU – National Medical
University
OSCE – Objective Structured
Clinical Exam
PAC – premature atrial contraction
PE – physical examination
PVC – premature ventricular
contraction
RBC – red blood cells or
erythrocytes
SA – sinoatrial
SC – subcutaneous
SVT – supraventricular tachycardia
UTI – urinary tract infection
VF – ventricular fibrillation
WBC – white blood cells or
leucocytes
WHO – World Health Organization
Preface

Propaedeutics of Internal Medicine is an introductory course of internal medicine. During their first years medical students study the main methods of examination, symptoms of internal diseases, and principles of their diagnosis. This course is given to students after they have studied the fundamentals of medicine, such as anatomy, physiology, biochemistry, etc. During their further courses of internal medicine the students improve their knowledge of all major internal diseases, their differential diagnoses and treatment. Students may take classes in different departments, but a certain sequence in learning is assured.

The skills of history taking and physical examination are central to the practice of clinical medicine. The explosion of medical information in the recent years makes the practice of medicine both simpler and more complex. Various brilliant textbooks and Internet resources have provided students and teachers really unlimited access to the knowledge in internal medicine. We have tried to make assimilation of required information easier. This manual is an accessible workbook for 3rd year medical students who are revising for practical classes at clinic. It provides simple tips about preparation and will be easily understood.

The structure and contents of the manual are adapted to the requirements of the curriculum of the discipline “Propaedeutics of Internal Medicine” for students of higher medical educational institutions of the IV level of accreditation. The manual contains 18 workbooks for Module 1 and 10 workbooks for Module 2. Module 1 reviews basic methods of patients’ examination in clinic of internal medicine. Module 2 covers symptoms and syndromes of internal diseases. Workbook for each practical class provides concise description of topic, suggested readings and two variants of structured self-study tasks and quiz test questions for students’ training at home. The convenient design of this edition allows students to make notes, drawings and fill in specific tables.

The manual also has the section of useful supplements. It contains the scheme of case report and algorithms for Objective Structured Clinical Exam (OSCE). The scheme of case report presents the order of history taking and physical examination, it will help students to see the framework they will be using. Sample OSCE stations are provided to prepare students for a new format of undergraduate clinical exams and to help them in development of practical skills. The most commonly encountered OSCE stations are included.

The manual was worked out by the teachers of the Department of Propaedeutics of Internal Medicine № 2 at Bogomolets National Medical University taking into account all suggestions and comments received during recent years from the pedagogical team, students and practicing doctors. We hope that the workbook will simplify and facilitate students’ work on their own.
MODULE 1

Basic methods of patients’ examination in clinic of internal medicine

Workbook 1

Topic of practical class 1: “Scheme of case report. Interviewing of a patient”

Case report: its main parts and rules for recording. The method of history taking, its diagnostic significance, the systematic approach depending on patients’ individual, intellectual and psychological particularities. The main parts of history (anamnesis): identifying information, chief complaints, history of present illness (anamnesis morbi), review of systems (anamnesis communis), and life history (anamnesis vitae). The role of prominent clinicians in development of interviewing art.

Suggested Readings:
Basic methods of patients’ examination in clinic of internal medicine

Variant 1

Write answers to the self-study questions:
1. What are the main parts of the interview?
   1. __________________________________________
   2. __________________________________________
   3. __________________________________________
   4. __________________________________________
   5. __________________________________________


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3. What are the common symptoms of nervous system diseases? Name at least 10 symptoms.

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MODULE 1

4. What risk factors are specific for cardiovascular diseases? Name at least 7 factors.

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5. What scheme should physician follow in objective examination of a patient?

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__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Quiz Test Questions:
1. Which method of examination is subjective?
   A. Auscultation.
   B. General inspection.
   C. Interviewing.
   D. Percussion.
   E. Sonography.

2. Pain in renal colic is usually:
   A. boring.
   B. dull.
   C. permanent.
   D. persist for several days.
   E. unilateral.