

RED flags

EXERCISE

The following clinical features are considered as red flags.

In the tables below identify serious non system-specific-related conditions which may be indicated by each of the listed red flags.

Answer sheet

NON SYSTEM-SPECIFIC

1. Cachexia (loss of weight, muscle atrophy, fatigue, weakness & significant loss of appetite)

- | | |
|---------|---------|
| A | G |
| B | H |
| C | I |
| D | J |
| E | K |
| F | L |

2. Unexplained persistent loss of appetite

- | | |
|---------|---------|
| A | G |
| B | H |
| C | I |
| D | J |
| E | K |
| F | L |

3. Sudden weight changes

- | | |
|---------|---------|
| A | G |
| B | H |
| C | I |
| D | J |
| E | K |
| F | L |

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The following clinical features are considered as red flags.

In the tables below identify serious non system-specific-related conditions which may be indicated by each of the listed red flags.

Answer sheet

NON SYSTEM-SPECIFIC

4. Unexplained persistent fatigue

- | | |
|---------|---------|
| A | G |
| B | H |
| C | I |
| D | J |
| E | K |
| F | L |

5. Recurring or persistent fevers

- | | |
|---------|---------|
| A | G |
| B | H |
| C | I |
| D | J |
| E | K |
| F | L |

6. Recurring or persistent night sweats

- | | |
|---------|---------|
| A | G |
| B | H |
| C | I |
| D | J |
| E | K |
| F | L |

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The following clinical features are considered as red flags.

In the tables below identify serious non system-specific-related conditions which may be indicated by each of the listed red flags.

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7. Night pain or pain that wakes up the patient

A	G
B	H
C	I
D	J
E	K
F	L

8. Unexplained perisistent aches and pains

A	G
B	H
C	I
D	J
E	K
F	L

9. Unexplained skin changes

A	G
B	H
C	I
D	J
E	K
F	L

References, Bibliography and Recommended reading

Jamison J R (2007), Differential Diagnosis for primary Practice, 2nd edn., Churchill Livingstone. (ISBN-13: 978-0443102875)

Goodman C G, Snyder T K (2007), Differential Diagnosis for Physical Therapists: Screening for Referral, 4th edn, Saunders. (ISBN: 978-0721606194)

Seller R H, Differential Diagnosis of Common Complaints, Saunders, 3rd edn, 1996 ISBN: 978-1416029069

Beck R, et al (2003), Tutorials in Differential Diagnosis, 4th edn., Churchill Livingstone. ISBN: 978-04430615-7-8

DVD-VIDEO recordings

Syrimis A (2007), Clinical Examinations DVDs, Bloomsbury Educational Ltd,

ISBNs:

- Respiratory system examination: 978-0-9551291-0-0
- General system examination: 978-0-9551291-1-7
- Cardiovascular system examination: 978-0-9551291-2-4
- Abdominal system examination: 978-0-9551291-3-1
- Peripheral nervous system examination: 978-0-9551291-4-8
- Cranial nerves examination: 978-0-9551291-5-5
- Musculoskeletal examination: 978-0-9551291-6-2
- Case History Taking: 978-0-9551291-7-9
- Clinical Examinations: Complete DVD series: 978-0-9551291-9-3

<http://www.clinicalexams.co.uk/student-resources-section.htm>

(For additional lecture notes, Q&As and images, Username & Password provided in class)

Boon N A, Colledge N R, Walker, B & Hunter J A A (2006), Davidson's Principles and Practice of Medicine, 20th Edition, Churchill Livingstone ISBN: 978-0-4430703-5-8

Bickley, L. S.; Szilagyi, P. G.; 2003; ***Bates' Guide to Physical Examination and History Taking***; (8th Ed); Lippincott; New York.

Epstein, O.; et al.; 1997; *Clinical Examination*; (2nd Ed.); Mosby; London. (similar to Bates but presents the information in a different but equally good way. Some very good photographs and is user friendly).

Marsh J; 1999 *History and Examination*; Mosby London. (a great 'crash course' book with sample questions. Very user friendly. I recommend it).

Forbes, C. D.; Jackson, W. F.; 1998; *Color Atlas and Test of Clinical Medicine*; (2nd Ed.); Mosby; London. Excellent reference book for photographs of various pathologies.

Haslett, C.; et al.; 1999; *Davidson's Principles and Practice of Medicine*; (18th Ed.); Churchill Livingstone; Edinburgh. (Use to put your clinical findings into context of general medicine).

Bradley J, Rubenstein D, Wayne D, The Clinical Manual, Blackwell Scientific publications. ISBN 0-632-03312-6. This is another very good pocket size book but you may have to order it. I find this book very useful because it also had a summary of the main pathologies and their signs and symptoms.

Beers, M.H., Porter, R.S., Jones, T.V., Kaplan, J. L. and Berkwitz, M., (eds.) (2006). The Merck manual of diagnosis and therapy. 18th ed. New Jersey: Merck Research Laboratories.

Beckingham, I.J., (2001). ABC of diseases of liver, pancreas, and biliary system. Gallstone disease. *British Medical Journal*. **322**, 91-94.

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Bowles, M.J. and Benjamin, I.S., (2001). ABC of the upper gastrointestinal tract: Cancer of the stomach and pancreas. *British Medical Journal*. **323**, 1414-1416.

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Johnson, C.D., (2001). ABC of the upper gastrointestinal tract: Upper abdominal pain: Gall bladder. *British Medical Journal*. **323**, 1170-1173.

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Spiller, R.C., (2001). ABC of the upper gastrointestinal tract: Anorexia, nausea, vomiting, and pain. *British Medical Journal*. **323**, 1354-1357.

Suit, T., (2005). Digestive, absorptive, and microbiological imbalances. In: Jones, D.S., (ed.) *Textbook of Functional Medicine*. Gig Harbour: institute for Functional Medicine, pp. 327-337.

The Merck Manuals Online Medical Library, (2007). Gastroesophageal Reflux Disease (GERD). [online] Available from: <<http://www.merck.com/mmpe/sec02/ch012/ch012f.html?qt=gastro%20oesophageal%20reflux&alt=sh>> [Accessed 23 November 2007].