

# RED flags

EXERCISE

The following clinical features are considered as red flags.

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

## Answer sheet

### CARDIOVASCULAR SYSTEM

#### 1. Abnormally severe chest pain

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

#### 2. Dyspnoea

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

#### 3. Haemoptysis

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

# RED flags

EXERCISE

The following clinical features are considered as red flags.

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

## Answer sheet

### CARDIOVASCULAR SYSTEM

#### 4. Very high blood pressure

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

#### 5. Very low blood pressure

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

#### 6. Significant and persistent peripheral or central oedema

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

# RED flags

EXERCISE

The following clinical features are considered as red flags.

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

## Answer sheet

### CARDIOVASCULAR SYSTEM

#### 7. Cyanosis (central or acute peripheral)

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

#### 8. Painful, hot, swollen calf muscles

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

#### 9. Rapid trophic changes to the skin

- |         |         |
|---------|---------|
| 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, 2<sup>nd</sup> 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, 4<sup>th</sup> 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, 20<sup>th</sup> Edition, Churchill Livingstone ISBN: 978-0-4430703-5-8

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

**Epstein, O.**; et al.; 1997; *Clinical Examination*; (2<sup>nd</sup> 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*; (2<sup>nd</sup> Ed.); Mosby; London. Excellent reference book for photographs of various pathologies.

**Haslett, C.**; et al.; 1999; *Davidson's Principles and Practice of Medicine*; (18<sup>th</sup> 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.

Beckingham, I.J. and Bornman, P.C., (2001). ABC of diseases of liver, pancreas, and biliary system. Acute pancreatitis. *British Medical Journal*. **322**, 595-598.

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.

British National Formulary, (2007). *Omeprazole*. [online] Available from: <<http://www.bnf.org.uk/bnf/bnf/54/2138.htm?q=%22omeprazole%22>> [Accessed 24 November 2007].

Calam, J. and Baron, J.H., (2001). ABC of the upper gastrointestinal tract: Pathophysiology of duodenal and gastric ulcer and gastric cancer. *British Medical Journal*. **323**, 980-982.

IWDL, (2007). Comprehensive Stool Analysis. [online] Available from: <<http://www.iwdl.net/Stools%20CSAP.htm>> [Accessed 05 December 2007].

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

Konturek, P.C. Brzozowski, T., Konturek, S.J., Pajdo, R., Konturek, J.E., Kwiecien, S. *et al.*, (1999). Apoptosis in gastric mucosa with stress-induced gastric ulcers. *Journal of Physiological Pharmacology*. **50** (2), 211-25.

Lin, H.C., Citters, G.W.V., Zhao, X.T. and Waxman, A., (1999). Fat intolerance depends on rapid gastric emptying. *Digestive Diseases and Sciences*. **44** (2), 330-335.

Moayyedi, P. and Talley, J., (2006). Gastro-oesophageal reflux disease. *The Lancet*. **367** (9528), 2086-2100.

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].