

RED flags

EXERCISE

The following clinical features are considered as red flags.

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

Answer sheet

ENDOCRINE

1. Changes in skin colour, texture, thickness, hydration or fragility

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

2. Unexplained changes to appetite or weight

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

3. Polydipsia and polyuria

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

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4. Lethargy or unexplained tiredness

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

5. Undue sensitivity to cold or intolerance to heat

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

6. Emotional disturbances like depression or restlessness

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

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7. Exophthalmos

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

8. Thinning or thickening of the skin or hair

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

9. Skin dryness or excessive sweating

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

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ENDOCRINE

10. Changes to libido

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

11. Abnormal mass or distribution of muscle and fat

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

12. Unusual headaches or visual problems

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

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ENDOCRINE

13. Discharge from the nipples or galactorrhoea

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

14. Gynaecomastia

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

15. In the female inquire about: The age of menarche or menopause

- | | |
|----------------|----------------|
| 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 endocrine-related conditions which may be indicated by each of the listed red flags.

Answer sheet

ENDOCRINE

16. In the female inquire about: Unexplained increased or decreased skin pigmentation

- | | |
|----------------|----------------|
| 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).

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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.

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