

## Taking a history

## Health History

- Usually refers to subjective data
- Not just past events, but also current symptoms and situations
- Several different models
  - Medical
  - Several nursing models
- Several different structures
  - History and Physical (H&P)
  - Functional Health Patterns
  - PBA Neuman Assessment

## Complete Health History

- Biographical Information
- Source and Reliability
- Reason for Seeking Care
- Present Health or History of Present Illness
- Past Health
- Family History
- Functional Assessment
- Perception of Health
- Review of Systems

## Biographic information

- DOB
- Gender
- Race
- Ethnicity
  - ASK!!! DO NOT TRUST YOUR EYES!!!!!!

## Source and reliability

- Jane Brown accompanied by mother and sister
- Patient claims he does not snore, but wife says he does.
- Patient's wife scheduled appt and does most of talking.
- Patient's mother answers questions directed to patient.
- Patient says that he has no allergies, but when asked about his rhinorrhea, states that his hay fever is acting up.
- Patient states he has never been told he has diabetes. Chart indicates that he has been referred to diabetic education twice, been given handouts three times, and is currently taking metformin.

## Source and reliability

- Never leave the term "poor historian" unqualified.
  - "When asked about recent injuries, patient starts relating about an accident fifteen years ago."
  - "When asked about completing physical therapy, patient says yes, but chart indicates that PT was completed three years ago."

Reason for Seeking Care  
Chief Complaint/Presenting Problem

- “Chest Pain for 2 hours”
- “Feeling dizzy” after standing up
- “Follow up” is not a CC
- “Three month F/U” is not a CC.
- “3 mo F/U High Blood Pressure” is a CC.
- “F/U N/O Diabetes 2” is a CC

History of Present Illness

- Location
- Quality or Character
- Quantity or Severity
- Duration
- Setting
- Context
- Modifying factors
- Associated signs and symptoms

Past Medical History (PMH)

- General State of Health
- Past illnesses
- Chronic Illnesses
- Injuries and treatments – lingering effects
- Hospitalizations – including psychiatric
- Surgeries – procedure, date, hospital, surgeon
- Active/Chronic Problems
- Allergies
  - Environmental
  - Food
  - Drugs – See medication history below

PMH

- Substance use/abuse
  - Smoking/Tobacco
  - Alcohol
    - CAGE screening
  - Recreational drugs
- Exercise
- Nutrition
- Sleep Pattern

Medication Hx

- Current medications
  - Dose
  - Frequency
  - Reason
  - Adherence
- Vitamins
  - Herbal remedies/health supplements
  - Past medication
    - Dose
    - Reason for taking
    - Reason for d/c

Medication Hx

- Allergies/ADR's
  - Drug
  - Reaction
  - Manifestation
    - Treatment
    - Date
    - Repetitions

## Allergies

- True allergies are inappropriate immune responses
- Hypersensitivity reactions
  - Type I: Vasoactive response
  - Type II – cytotoxic – humoral antibodies
  - Type III – immune complex – activates complement
  - Type IV – Cell mediated

## Health Maintenance

- Health Promotion – Primary Prevention
- Disease Detection – Secondary Prevention
- Disease Prevention – Primary/Secondary Prevention

## Health Maintenance

- Immunizations
- Frequency of physicals or routine care
- Gynecological exams – Frequency and last
- Eye
- Cholesterol
- Self breast and testicular exams
- Seat belts, bike helmets
- Efforts to change
  - Cutting back on Tobacco/Alcohol
  - Diets

## Environmental Hx

- Occupation
- Nature of Work
- Work setting – sun, office building
- Exposure to hazardous materials and loud noises
- Hobbies
- Work related symptoms
- Travel history
- Living near farms, mines, shipyards, factories

## Family history

- Health status
- Diseases
- Hereditary and environmental factors

## Psychosocial and Spiritual History

- “Tell me about yourself”
- Upbringing
- Marital status, roommates
- Perceptions of healthcare
- Perceptions of and satisfaction with life
- How has illness impacted life
- Religious beliefs, practices
- Prayer or meditation

## Sexual Hx

- Sexual drive as an indicator of overall health
- Perception of sexuality
- Frequency and nature of sexual activity
- Age of first experience
- Sexual problems – anorgasmia, decreased libido, dyspareunia
- STDs

## Sexual Hx

- Risk behaviors
- Sexual orientation
- Abuse/Rape
- Number of pregnancies, terminations
- Trying to become pregnant
- LMP
- Menopause

## Key points

- Don't write down the chief complaint until the patient is done talking
- Open ended questions
- Leading questions – e.g. "How much alcohol would you say you drink in a week?"
- "How do *you* take...?"
- Bring all meds and bottles to visit
- Embarrassment on your part leads to embarrassment on the patients part.

## Review of Systems

- A ROS is an inventory of body systems obtained through a series of questions seeking to identify signs and/or symptoms which the patient may be experiencing or has experienced. (Medicare Guidelines, 1997)

## Systems

- Constitutional symptoms (e.g., fever, weight loss)
- Eyes
- Ears, Nose, Mouth, Throat
- Cardiovascular
- Respiratory
- Gastrointestinal
- Genitourinary
- Musculoskeletal
- Integumentary (skin and/or breast)
- Neurological
- Psychiatric
- Endocrine
- Hematologic/Lymphatic
- Allergic/Immunologic

## ROS rules

- A system review should include all questions pertinent to that system
- Complete ROS – asks about all systems
- Problem pertinent ROS
- An initial visit should include a complete ROS
- At least once a year, complete ROS update

## Constitutional

- Usual state of health
- Fever
- Chills
- Usual Weight
- Changes in weight
- Weakness
- Fatigue
- Sweats
- Exposure to radiation or pollutants
- Sleeping habits
- Snoring
- Sleep apnea

## Eyes

- Eye glasses/contacts
- Current Vision
- Changes in vision
- Double vision
- Excessive tearing
- Dryness
- Pain
- Last eye exam
- Photophobia
- Unusual sensations
- Redness
- Discharge
- Infections
- Hx of glaucoma
- Cataracts
- Injuries

## Ears

- Hearing impairment
- Use of hearing aid
- Discharge
- Lightheadedness
- Pain
- Tinnitus
- Infections
- Surgeries

## Nose

- Epistaxis
- Infections
- Discharge
- Frequency of colds
- Nasal obstruction
- Congestion
- History of injury
- Septal deviation
- Sinus infections
- Hay fever

## Mouth & Throat

- Dentition
- Last dental appointment
- Condition of gums
- Bleeding gums
- Frequent sore gums
- Burning of tongue (dysglossia)
- Foul taste (dysgusia)
- Hoarseness
- Voice changes
- Postnasal drip
- Thrush

## Respiratory

- Pain
- Cough
- Pleurisy
- Dyspnea
- SOB
- Sputum
- Tuberculosis
- Asthma
- Bronchitis
- Hemoptysis
- Wheezing
- Last CXR
- Last PPD
- Hx of BCG (bacilli Calmetter-Guerin) vaccine

## Cardiovascular (CV)

- Chest pain
- HTN
- Palpitations
- DOE
- Orthopnea
- Paroxysmal Nocturnal Dyspnea
- Hx of MI
- Rheumatic fever
- Heart murmur
- Valve problems
- Last ECG
- Other heart tests – stress, echo, etc.
- Claudication
- Peripheral/dependent edema
- Varicose veins
- Thrombophlebitis
- Coolness of extremities
- Loss of leg/toe hair
- Discoloration of extremities
- Ulcers

## Gastrointestinal (GI)

- Appetite
- Excessive hunger
- Excessive thirst
- Nausea
- Vomiting
- Diarrhea (NVD)
- Constipation
- Dyspepsia
- Heartburn
- Reflux, waterbrash (gurg)
- Swallowing (dysphagia)
- Abd pain
- Change in stool color, caliber, consistency
- Frequency of bowel movements (BM)
- Change in bowel habits
- Hematemesis

## Gastrointestinal cont

- Rectal bleeding
- Hematochezia
- Melena
- Laxative use
- Antacid use
- Excessive belching
- Food intolerance
- Halitosis
- Change in abd size
- Hemorrhoids, fissures
- Infections
- Jaundice
- Rectal pain
- Previous abdominal x-rays
- Hepatitis
- Liver disease
- Gallbladder disease
- Pancreatic problems

## Genitourinary (GU) – General

- Frequency
- Urgency
- Difficulty starting stream
- Incontinence
- Polyuria
- Oliguria
- Dysuria
- Hematuria
- Proteinuria
- Nephrolithiasis
- Infections
- Bed-wetting
- Nocturia
- Flank pain
- Hx of retention
- Urine color, odor

## GU – Male

- Penile lesions
- Discharge
- ED
- Pain
- Scrotal masses
- Hernias
- Frequency of intercourse
- Ability to enjoy sexual relations
- Fertility problems
- Prostate problems
- Hx of STD and Tx

## GU – Female

- Lesions on external genitalia
- Itching
- Discharge/odor
- Last Pap smear and result
- Dyspareunia
- Frequency of intercourse
- Contraceptive method – current and past, why stop
- Ability to enjoy sexual relations
- Fertility problems
- Hernias
- Hx of STDs and Tx
- Hx of diethylstilbestrol exposure
- Age at menarche

## GU – Female cont.

- Interval between periods
- Duration of periods
- Amount of flow
- LMP
- Bleeding between periods
- Number of pregnancies
- Number of terminations
- Term deliveries
- Complications of pregnancy
- Description of labor
- Number of living children
- Breastfeeding
- Menstrual pain
- Age at menopause
- Menopausal symptoms
- Post menopausal bleeding

## Integumentary/Breast

- Rashes
- Itching
- Hives
- Easily bruised
- Hx eczema
- Dryness
- Changes in skin color
- Changes nail texture
- Changes hair texture
- Hx of previous skin disorders
- Lumps
- Lesions
- Use of hair dye
- Breast lumps
- Breast discharge (galactorrhea)
- Breast pain/tenderness
- Mammogram, self-exam

## Neurological

- Syncope
- Vertigo
- Equilibrium
- Blackouts
- Paralysis
- Hx of CVA, TIA
- Paresthesia
- Neuropathy
- Tremors
- Tics
- Memory loss
- Loss of coordination
- Seizures
- Speech disorders
- Ataxia
- Apraxia
- Loss of consciousness
- Head injuries
- Disorientation

## Psychiatric

- Memory loss
- Psychiatric disorders
- Mood changes
- Nervousness
- Behavioral changes
- Hallucinations
- Confusion
- Depression

## Endocrine

- Polydipsia
- Polyuria
- Polyphagia
- Asthenia
- Hormone therapy
- Steroid use
- Growth, secondary sexual development
- Intolerance to heat or cold
- Thyroid problems

## Hematological/Lymphatic

- Local or general lymph node enlargement or tenderness
- Hx of anemia
- Bleeding tendencies
- Blood transfusions and possible reactions
- Edema

### Allergic/Immunologic

- Food, drug, insect reactions
- Allergy tx
- Immunosuppressive therapy
- Immunologic d/o
  - Cancer
  - Rheumatism
  - SLE

### Depression cluster: SIGECAPS

- **S**leep
- **I**nterest
- **G**uilt
- **E**nergy
- **C**oncentration
- **A**ppetite
- **P**sychosomatic symptoms
- **S**uicidal/homicidal ideation

### Anticholinergic cluster

- |                                  |                                 |
|----------------------------------|---------------------------------|
| • Altered Level of Consciousness | • Hyperthermia (hot, Dry Skin)  |
| • Hallucinations                 | • Dry Mouth                     |
| • Delirium                       | • Mydriasis with blurred vision |
| • Coma                           | • Decreased bowel sounds        |
| • Seizures                       | • Constipation                  |
| • Tachycardia                    | • Urinary retention             |
| • Hypertension                   |                                 |