Respiratory & Cardiovascular Referral Patterns & Follow Up Questions
Use this section to draw in **Common Pathologies** affecting the Lung Field
**Respiratory Alkalosis**
- Lightheadedness
- Dizziness
- Numbness and tingling of the face, fingers, and toes
- Syncope

**Acute Bronchitis**
- Mild fever 1-3 days
- Malaise
- Back and muscle pain
- Sore throat Possibly laryngitis
- Cough with sputum production, followed by wheezing

**Chronic Bronchitis**
- Persistent cough with sputum (worse AM/PM)
- Reduced chest expansion
- Wheezing
- Fever
- Dyspnea
- Cyanosis
- Decreased exercise tolerance

Notes:

Notes:

Notes:
<table>
<thead>
<tr>
<th>Pleurisy</th>
<th>Bronchitis (Tracheobronchial Pain)</th>
<th>Spontaneous Pneumothorax</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Chest pain</td>
<td>- Persistent productive cough</td>
<td>- Shoulder pain</td>
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<tr>
<td>- Dyspnea</td>
<td>- ↓ Chest expansion</td>
<td>- Sudden sharp chest pain</td>
</tr>
<tr>
<td>- Cough</td>
<td>- Wheezing</td>
<td>- Cough (Dry Hacking)</td>
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<tr>
<td>- Tachypnea</td>
<td>- Fever</td>
<td>- Dyspnea</td>
</tr>
<tr>
<td>- Fever - Chills</td>
<td>- Dyspnea</td>
<td>- Weak rapid pulse</td>
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Notes:
<table>
<thead>
<tr>
<th>Emphysema</th>
<th>Asthma</th>
<th>Pneumonia</th>
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</thead>
<tbody>
<tr>
<td>Dyssnena + (on exertion) / Orthopnoea</td>
<td>Episodes of dyspnea</td>
<td>Sudden Sharp pleuritic chest pain aggravated by chest movement</td>
</tr>
<tr>
<td>Chronic cough</td>
<td>Prolonged expiration</td>
<td>Hacking, productive cough (rust coloured or green, purulent sputum)</td>
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<tr>
<td>Barrel chest</td>
<td>Cough with/without sputum</td>
<td>Tachypnea</td>
</tr>
<tr>
<td>Weight Loss &amp; Malaise</td>
<td>Skin retraction</td>
<td>Cyanosis</td>
</tr>
<tr>
<td>Peripheral cyanosis</td>
<td>Abnormal Fatigue</td>
<td>headache</td>
</tr>
<tr>
<td>Hypertonic accessory muscles</td>
<td>Tickle in the back of throat accompanied by cough</td>
<td>Fever and chills</td>
</tr>
<tr>
<td>Prolonged expiration</td>
<td>Nostril flaring</td>
<td>Generalised aches and myalgia</td>
</tr>
<tr>
<td>Wheezing</td>
<td>Wheezing</td>
<td>Fatigue</td>
</tr>
<tr>
<td>Pursed-lip breathing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increased Respiratory rate</td>
<td></td>
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</tbody>
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Notes:
Asthma
Classified as MILD M ODERATE & SEVERE
Episodes of dyspnoea
Prolonged expiration
Cough with/without sputum
Skin retraction
Abnormal Fatigue
Tickle in the back of throat accompanied by cough
Nostril flaring
Wheezing

Notes:

Notes:
<table>
<thead>
<tr>
<th>TB</th>
<th>Pulmonary Embolism (PE)</th>
<th>Lung Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue</td>
<td>Dyspnoea</td>
<td>Any changes in respiratory patterns</td>
</tr>
<tr>
<td>Malaise</td>
<td>Pleuritic (Sharp, localised) chest pain</td>
<td>Recurrent pneumonia/bronchitis</td>
</tr>
<tr>
<td>Anorexia</td>
<td>Diffuse chest discomfort</td>
<td>Haemoptysis</td>
</tr>
<tr>
<td>Wt loss</td>
<td>Persistent cough</td>
<td>Persistent cough</td>
</tr>
<tr>
<td>Low grade fever (esp late afternoon)</td>
<td>Haemoptysis</td>
<td>Change in cough or haemoptysis in a chronic smoker</td>
</tr>
<tr>
<td>Night sweats</td>
<td>Apprehension, anxiety, restlessness</td>
<td>Hoarseness or dysphagia</td>
</tr>
<tr>
<td>Frequent productive cough</td>
<td>Tachypnoea</td>
<td>Sputum streaked in blood</td>
</tr>
<tr>
<td>Dull chest pain, tightness/discomfort</td>
<td>Fever</td>
<td>Dyspnoea</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wheezing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sharp, pleuritic pain agg by inspiration</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sudden, unexplained weight loss</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chest, shoulder arm pain</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Atrophy and weakness of the arm and muscles</td>
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</tbody>
</table>
Primary Pain Patterns associated with PE
Cor Pulmonale
Pleurisy
Spontaneous pneumothorax

Notes:

Cor Pulmonale
Peripheral oedema bilaterally
Chronic cough
Central chest pain
Exertional dyspnoea or at rest
Distension of neck veins
Fatigue, weakness
Basal cakles
Follow up questions within the lung field:

Have you every had trouble breathing:
   Yes...Have you been diagnosed with
      Asthma
      Bronchitis
      Emphysema
      Pneumonia

Do you ever have shortness of breath?
   Yes…
      At rest?
      On activity? When Does it happen, when you lie flat, walk (how long before it comes on), walk up stairs?

Is your breathlessness associated with… night sweats, cough chest pain or bluish colouring of your lips or fingernails?

Does your breathlessness related to food, time of year, animals, pollen, stress?

What do you do to get your breathing back to normal?

Do you have breathing aids

Do you have a cough with your smoking (how long/how many)
   Is this different to your normal cough?
   Do you cough anything up? (describe colour/amount/frequency)

Do you take anything for your cough? Do it work?

Do you ever cough up blood?
   Yes…
      What colour? Red = fresh / brown speckeled/ black older/ pink frothy
      Has your GP been told/ has it been investigated / treated? How?

Ever Strained a muscle coughing?

Ever injured your chest?

Does it hurt to touch your chest, breathing in / out?
Have you been treated for previous lung conditions?
Yes…
  What was the problem, how was it diagnoses / treated/ resolved now?

Have you ever worked with asbestos, coal dust, dust, chemicals or fumes?
Yes…
  Describe? Did you wear protective clothing / breathing apparatus
  If farmer consider ..Goodman's pasture disease/ farmers lung

Consider TB in middle Europeans, Russians, Indian/ Pakistani's Ever had TB
Yes…
  When did it occur?
  How was it treated?
  When was your last test?
  What is your current status?

If you have asthma…
  What are your triggers?
  Do you use meds during the attack?
  What kind of meds?
  Trouble with asthma during exercise?

Any recent weight / loss gain?
  Gained… pulmonary oedema, CHD
  Lost….Emphysema, cancer

Notice any ankle swelling? (CHD, Emphysema)

Have you noticed any unusual tiredness recently?

Any changes in your voice?

Ever broken your nose? Suffered from nasal polyps?

Ever had chest surgery…
Cardiovascular Referral Patterns & Follow Up Questions
Quick Anatomy Review

Use this section to draw in **Common Pathologies** affecting the Cardiovascular Field.
**Angina Pectoris**
Vice like gripping pain
Pain may radiate to neck, jaw
Dyspnoea
Nausea

**MI (Myocardial Infarction)**
Severe chest pain described as crushing
Pain possible radiating down both arms
Angina lasting 30 min +
Angina not relieved by meds
Pallor
diaphoresis
Dyspnoea
Syncope

**Left Heart Failure**
Fatigue and breathless on mild exercise
Cardiac cough on lying down
Paroxysmal nocturnal dyspnoea
Orthopnea
Tachycardia
Fatigue and muscle weakness
Fluid retention or nocturnal voiding
Right Heart Failure
- Increased fatigue
- Swollen ankles (sacrum if bed ridden)
- Right upper quadrant pain
- Nail bed cyanosis

Aneurysm
- AAA most common (atherosclerosis/age/male/↑BP)
- Thoracic Aneurysms 20% ass with valve disease
- Chest pain
- Palpable mass
- Abdominal heart beat
- Dull ache flank and low back
- Symptoms of claudication

Cardiac Valvular Disease
- Easily fatigued
- Dyspnea
- Palpitations
- Chest pain
- Orthopnoea
- TIA
- Syncope

Notes:

Notes:

Notes:
Rheumatic Fever
Migratory arthralgias
Fever & sore throat
rash
Carditis (so all of the symptoms of systemic disease below)
Weakness, malaise, weight loss and anorexia

Endocarditis
Signs of systemic infection
Fever, malaise, weakness, fatigue
Arthralgia
Myalgia
Splinter haemorrhages in nail beds
Low back/ SI joint pain
Dyspnea
Chest pain

Pericarditis
Chest pain
dysphagia
Positional pain relief (leaning forward / sitting up)
WF: deep breathing, coughing, laughing and movement
WF: trunk bending / rotation
Signs of systemic infection
Fever, chills, fatigue, weakness, malaise

Notes:
Follow Up Questions

Have you ever had chest pain before?
   Yes.. When? Same as this episode?
Describe your chest pain?
   Tight / crushing / gripping at rest? Worse for exercise / sexual activity / other physical activity (Angina / Unstable angina)
   Ever had crushing chest sensation with or without pain down your arm? Into your neck / jaw?

Have you seen your GP about this chest pain?
   Yes What was his opinion? What tests did he perform? What medication have you been prescribed?

Seen a cardiac consultant?
   Yes.. Who?, Where?, When? What was diagnosed? How?
   What Treatment was given?
   Pace maker
   Valve replaced
   Stent inserted

Any family history of heart or lung conditions?

Do you ever get palpitations?
   Yes.. How often? What pattern do you recognise if any? Are you palpitations regular or irregular?

Are you aware of a heart beat in you abdomen when you lie down?
   Yes.. Is it associated with any low back or left flank pain?

Do you ever get sweating, nausea or chest pain with your current symptoms?

Are you getting heartburn on a regular basis?
   Yes.. Is it relieved by antacids?

Do you get unusually short of breath during activity when others appear OK?

Do you become breathless when you lie down at PM? (Orthopnoea)
   Yes.. Is this helped by more pillows?

Are you woken at PM breathless? (Paroxysmal nocturnal dyspnoea)
Follow Up Questions

Do you have an ankle swelling? (CHF)

Any increase in weight recently?

Do you get cramps when you walk? (Intermittent claudication)
  Yes.. How long does it take to come on?
  What do you do to relieve them?
  Rest? Flex forward?

Ever suffer dizzy spells or fainting? (orthostatic hypotension, bradycardia, valvular insufficiency, pulmonary hypertension)

Any changes in your bladder habit? (CHF, diabetes, hypertension)

Ever had any problems with your vision or speech? (TIA)

Ever had any sudden temporary weakness down 1 side or just your arm or leg? (TIA)

What meds are you on? (Some people don’t they have a heart problem!!)

Ever been tested for high cholesterol?
  Yes.. What was the result? (7 mmol?L)
  What medication has been prescribed at what dosage? (high doses causes myalgia & muscle weakness, rhabdomyolysis)

Patients With Breast Pain

Do you self examine on a regular basis?
  Yes.. Ever noticed any thing irregular?
  Yes.. Was it checked by your GP? What diagnosis was made? How was it treated?

Do you have any discharge from your nipples? (breast ca, gynecomastia)

Have you noticed any muscle pain or joint pain with your chest pain?

Have you noticed any rash on your body? (rheumatic fever)
Mr Mc Donald, a 60 year old rotund builder of Irish decent represented to the teaching clinic with mid thoracic spine pain as a result of a recent cough.

The **point of maximum** intensity was at the level of thoracic 4 centrally described as “a dull ache about the size of an orange”.

The **onset** was described as early in the week for no real reason but was associated with a period of coughing where the patient had a chest infection. He advised the student practitioner that he had not consulted his GP about the infection as he was too busy.

When prompted he advised the student that there were **no other symptoms associated** with this pain and **no radiating** pain into any of the extremity.

The **progression** was described as on and off depending on the amount of activity the patient was undertaking at work, although he owned his building company he was a “hands on boss who’s wasn’t afraid of work”

In terms of **daily pattern** the patient advised the the back pain was Ok during the day depending the degree of work, fine in the evening but at night he’s woken by pain and breathlessness

The described the pain as a dull ache increasing if he overdoes it…..

The student practitioner did not make any enquiries about the recent chest infection.

The working diagnosis was somatic dysfunction of T4 and the patient was doged.

No respiratory or CV examination was undertaken or considered in the DD, no routine BP had been done

The patient returned on the Tuesday having been seen on the proceeding Friday by a 4th year

The 3rd year student brought the patient to my attention and I asked how he planned to manage….

**Discuss!**