



Internal Medicine OSCE Mindmaps

IMPORTANT NOTES YOU SHOULDN'T FORGET:

Introduction + Permission

Patients Profile: Name, Age, Sex and the occupation are always required

Chief Complaint + the Duration

History of Presenting Illness: Analysis of the **chief complaint + Symptoms of the involved system** + **Associated symptoms**, we advise you to always ask about the General review especially in the chronic cases the following Table contains the review of all systems...

General	Fever, Rigor, Chills, Anorexia, Weight Loss, Fatigue, General Weakness, Sweating, Sleep disturbances		
Eye	Redness, Itching, Discharge, Tears	Ear	Redness, Pain, Discharge, Hearing disturbance
Mouth	Ulceration, Bleeding Gum	Neck	Swelling or masses, Limitation in movement
Skin	Rash, itching, Pain, Swelling, Hair loss, Nail problems, Hypo/Hyperpigmentation		
CVS	Chest Pain, SOB, Orthopnea, PND, Palpitation, Ankle Swelling, Syncope, Intermittent Claudication		
RS	SOB, Sneezing, Nasal obstruction, Nasal Discharge, Sore Throat, Hoarseness of voice, Epistaxis, Cough, Sputum, Wheeze, Stridor, Hemoptysis,		
GIS	Dysphagia, Nausea, Vomiting, Indigestion, Heartburn, Regurgitation, Hematemesis, Abdominal Pain, Distention, Diarrhea, Constipation, Melena, Rectal Bleeding, Rectal Pain, Jaundice		
GUS	Flank Pain, Dysuria, Hematuria, Urine Discoloration, Hesitancy, Poor Stream, Double Stream, Dribbling, Incontinence, Frequency, Amount of urine, Frothy urine		
MSS	Gait, Muscle Pain, Muscle Wasting, Bone Pain, Joint Pain, Joint Swelling, Limitation in movement		
Genitalia	♂	Erectile Dysfunction, Ejaculation, Discharge, Testicular (Pain, Atrophy), Ulcers, Nodules, Skin Discoloration, impotence, loss of libido	

	♀ Menarche, Menstruation(Regularity, Length, Amount), Menstrual Pain, Abnormal bleeding, Menopause, Discharge, odor, ulcers, itching, libido, dyspareunia, incontinence
CNS	Consciousness, Headache, dizziness, fainting, alter sensations, weakness, visual disturbances, hearing problems, poor memory, poor concentration, Gait, Motor defects
Endocrine	Heat or cold intolerance, Sweating, Excessive Thirst
HLS	Pallor, General weakness, Recurrent infections, Bleeding tendency, Rash
Psychiatric	Anxiety, Depression, mental illnesses

Past Medical Hx: throughout the mindmaps we only put the points that are most important for each Chief complaint, but we advise you to memorize the full table so you don't forget any Q

Past Hx

- Similar previous attacks
- Chr. Illnesses(MI, **DM**, **HTN**, ...)
- Admissions
- Surgeries
- Blood transfusions
- Traumas
- Hx of recent travel abroad
- Allergies
- Vaccinations
- **Drugs** (Now, Previous, Allergies)

Family Hx

- Similar Disease in 1st degree relatives
- Hx of Chronic/Major Acute illnesses
- Early Deaths

Social Hx

- Income
- Insurance
- Smoking / Alcohol/
Drug abuse / Sexual practices
- Home (rooms, ventilation , floor)
- Occupation
- Marital Status
- Diet
- Pets
- Stress

NOTE:

When

= when the symptom happen
e.g. at rest, while watching TV

Timing

= variation of the symptom
during the day/night

If you find any mistake or an
important point missing
Please inform us on:

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Chest Pain

Associated Symptoms

Dyspnea

PE, Pneumothorax, Pneumonia

PND & Orthopnea

HF (MI, PE)

Cough

Fever & Pus-like Sputum

Pneumonia, Pleuritis

Hemoptysis

PE

WaterBrash

GERD

Sypmtoms of Anxiety

Nervousness
Tremor
Palpitations
Tachypnea

Analysis

Progression

Sudden
Gradual

When

Character

Crushing
Heaviness
Burning
Tearing

MI, PE, Pericarditis, Pneumothorax, Rib fracture

GI

Dissecting Aneurysm

Radiation

Neck, Jaw, Left Arm
Back, Throat
Back, Abdomen, Legs

MI

Esophagus

Dissecting Aneurysm

Severity

Factors

Better

Antacids, Nitroglycerin, Rest, inclining Forward

Worse

Breathing, Movement, Effort (& how much)
Bending, Straining, Laying down

Duration

Duration of the attack

Frequency

Intermittent

Angina, Tietze Syndrome, Da Costa syndrome

Continuous

MI, PE, Dissecting Aneurysm, Pneumonia

Onset

Acute

Chronic

MI, PE, Pericarditis, Pneumothorax, Rib fracture

Angina, Esophagitis, Hiatus Hernia

Site

Central

Peripheral

Arthritis ± Rash

RA, SLE

Acid or Bitter Taste in mouth

Reflux Esophagitis

Nausea & Vomiting

MI, GERD

Adenophagia / Dysphagia

Intermittant
constant

Esophageal Spasm

Esophagitis

Rash in the area of pain

Shingles

Area of tenderness

Costochondritis, Fractured Rib

Risk Factors for MI:

Age	Male	Fx Hx	Smoking	HTN	DM	Hyperlipidemia
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Past Hx

- Similar Attacks
- Chr. Illnesses (RS, MI, Rheumatic Fever, DVT)
- Hospital Admissions
- Surgeries
- Traumas
- Drugs
- Recent Travel Abroad

Ex Hx

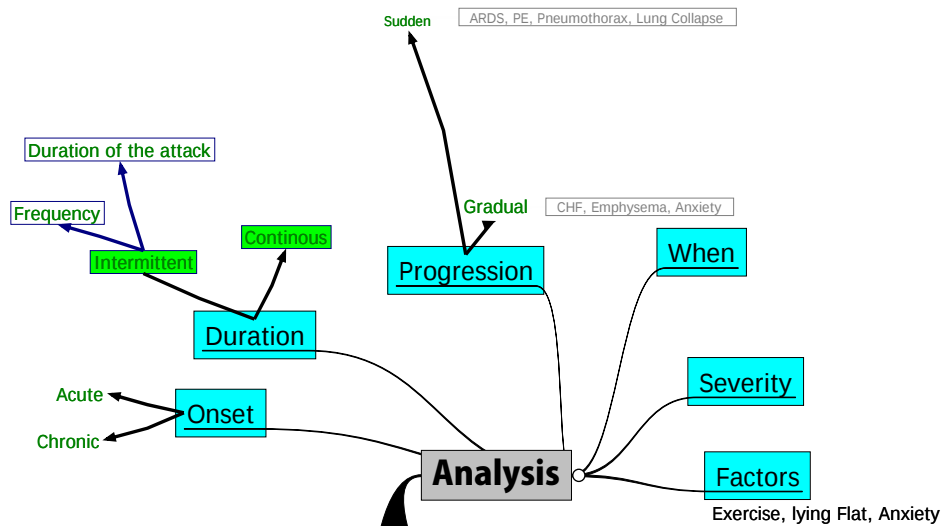
- Chr. Illnesses
- Early deaths

Social Hx

- Occupation
- Marital Status
- Smoking / Alcohol / Drug Abuse
- House Floors
- Any Stressful events

Differential diagnosis of chest pain by system

Cardiac causes	Gastrointestinal	Psychosomatic	Pulmonary	Musculoskeletal	Miscellaneous
Ischemic heart disease Acute pericarditis Aortic dissection Aortic stenosis Cocaine-induced	Gastroesophageal reflux disease Esophageal spasm Dysmotility Cholecystitis Peptic ulcer disease Pancreatitis	Panic attack Anxiety Depression	Pulmonary embolus Pneumonia Pneumothorax	Costochondritis Fibromyalgia	Arthritis Herpes zoster



- Hx of Bleeding (menorrhagia, hematemesis, Bloody Stool)

Past Hx

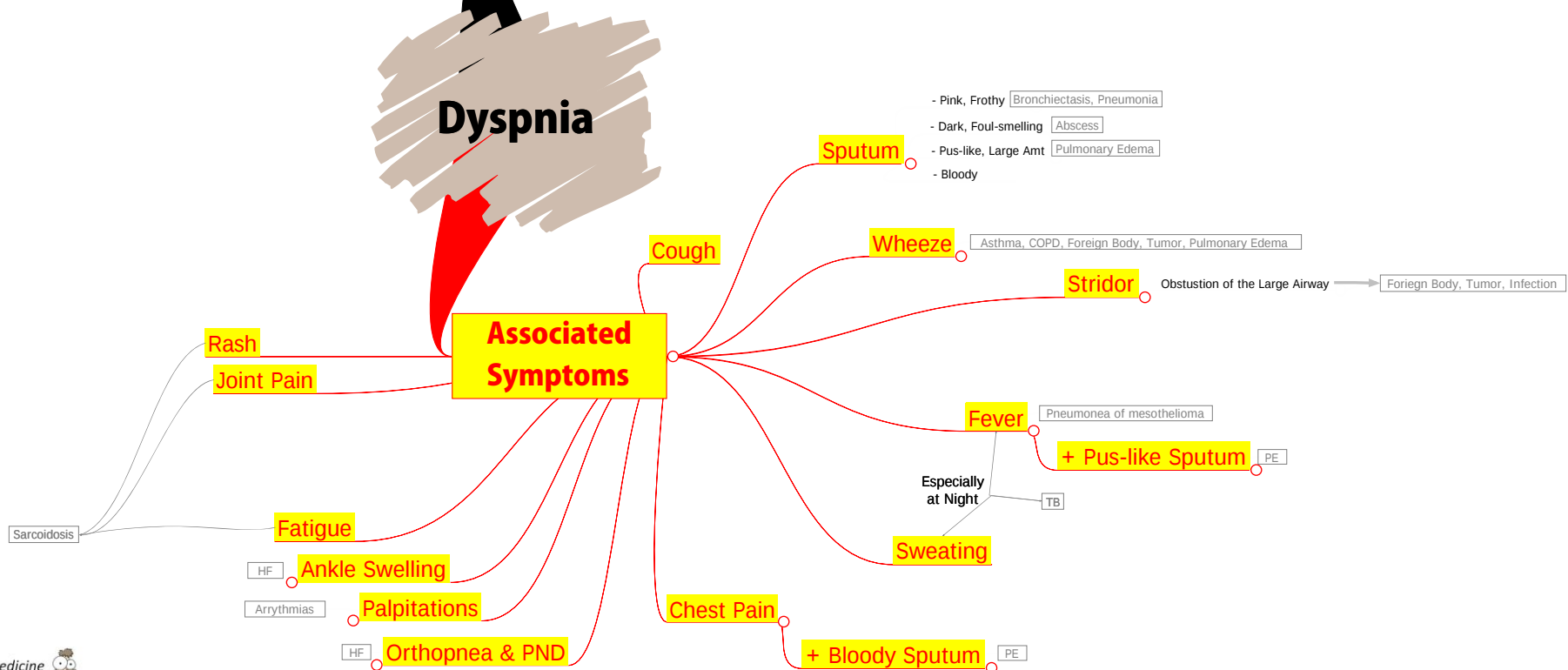
- Chr. Illnesses (RS, CVS, HIV, DVT, panic attacks)
- Surgeries
- Traumas
- Drugs (OCP's)

Ex Hx

- Chr. Illnesses

Social Hx

- Smoking / Alcohol / Drug Abuse
- Occupational Hx
- pets



Differential diagnosis of dyspnea

Pulmonary causes	Cardiac causes	Other causes
Asthma	Coronary syndromes	Respiratory muscle weakness
Chronic obstructive pulmonary disease	Valvular disorders	Myasthenia gravis
Tracheal obstruction	Cardiomyopathy	Guillain-Barré syndrome
Emphysema	Pericardial disorders	Anemia
Interstitial lung disease		Metabolic acidosis
Pulmonary hypertension	Arrhythmias	Diabetic ketoacidosis
Pulmonary embolism	Congestive heart failure	Salicylates
Pneumonia		Pregnancy
Pleural effusion		Psychiatric disorders
Pneumothorax		Anxiety
		Panic disorder
		Musculoskeletal
		Kyphoscoliosis

- Pregnant?
- Risk Factors for DVT:

Age > 60	Obese	Trauma	Stasis (surgery, immobility, Travel)	Surgery
Hx o DVT	malignancy	OCPs	Pregnancy & next 6 weeks	Thrombophilia

Past Hx

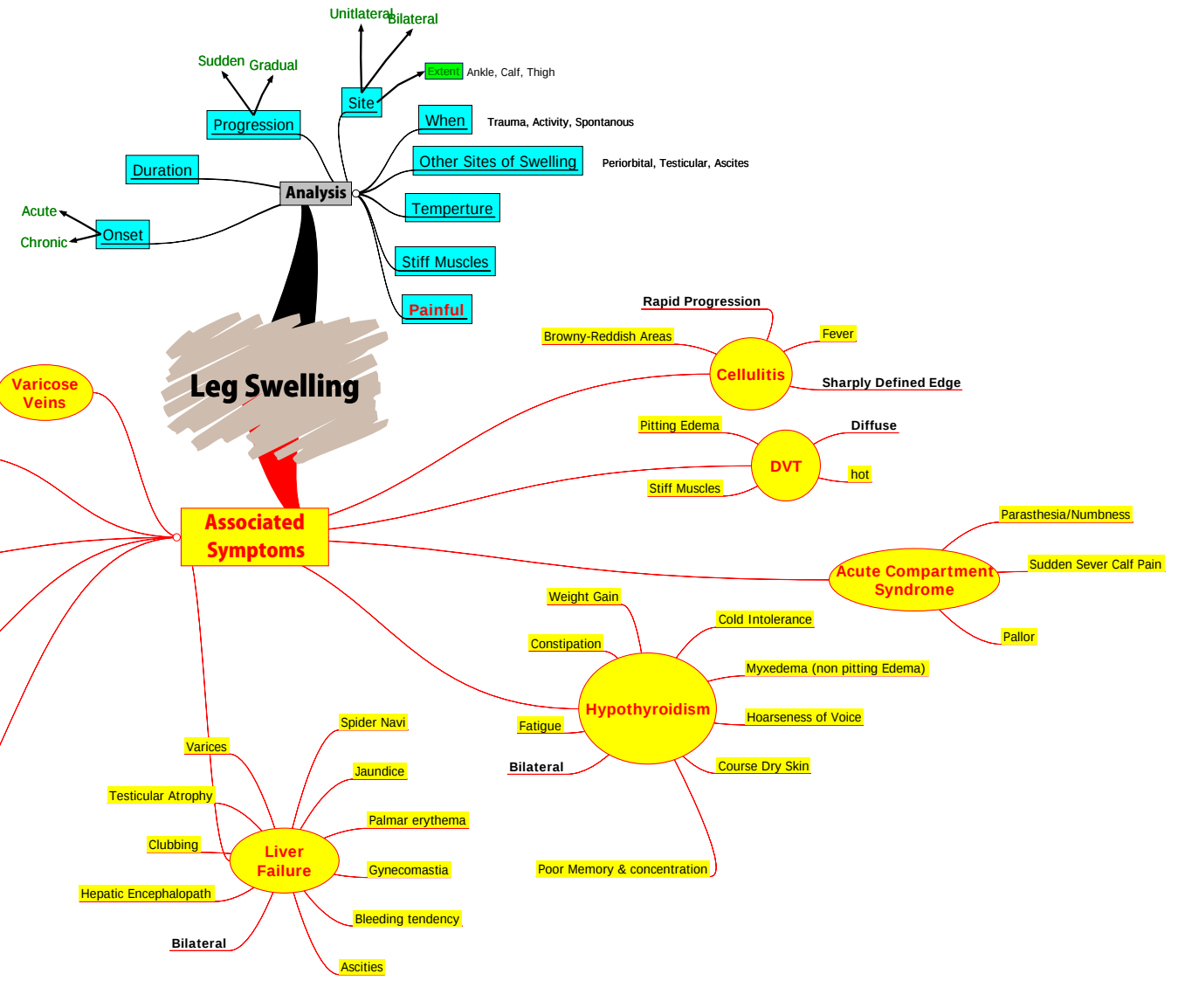
- Hx of Same Problem
- Traumas
- Blood Transfusion (liver cirrhosis)
- Chr. Illnesses (MI, RA, ...)
- **Drugs** (OCP's)

Ex Hx

- Chr. Illnesses

Social Hx

- Smoking / Alcohol / Drug Abuse
- Occupational Hx



Differential diagnosis of Leg Swelling

Differential diagnosis of Leg Swelling		
Local		General
Acute causes	Chronic causes	
DVT Cellulitis Allergy Ruptured Backer Cyst Trauma RA	Pregnancy Lymphedema (not pitting) Varicose Veins	Heart Failure Hypoproteinemia (Liver or Kidney Failure) Hypothyroidism

- Pregnant ?

Past Hx

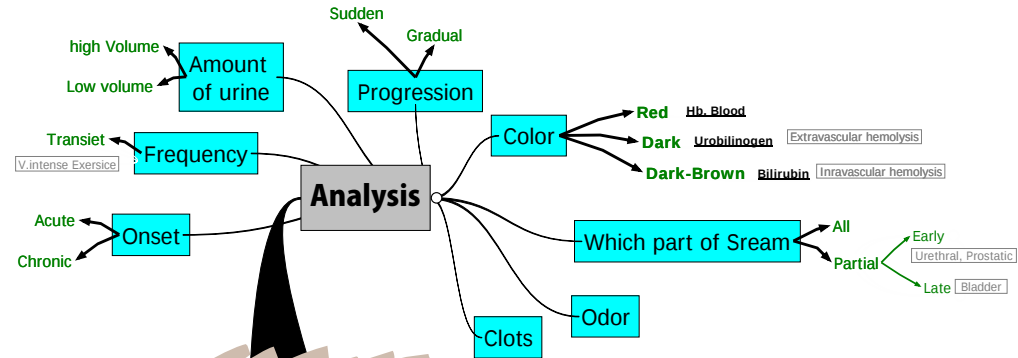
- Hx of the Same Problem
- Chr. Illnesses (DM, G6PD, Kidney, ...)
- Surgeries
- Traumas
- blood transfusion
- Travel Aboard (bilharzia)
- Drugs (Heparin)

Fx Hx

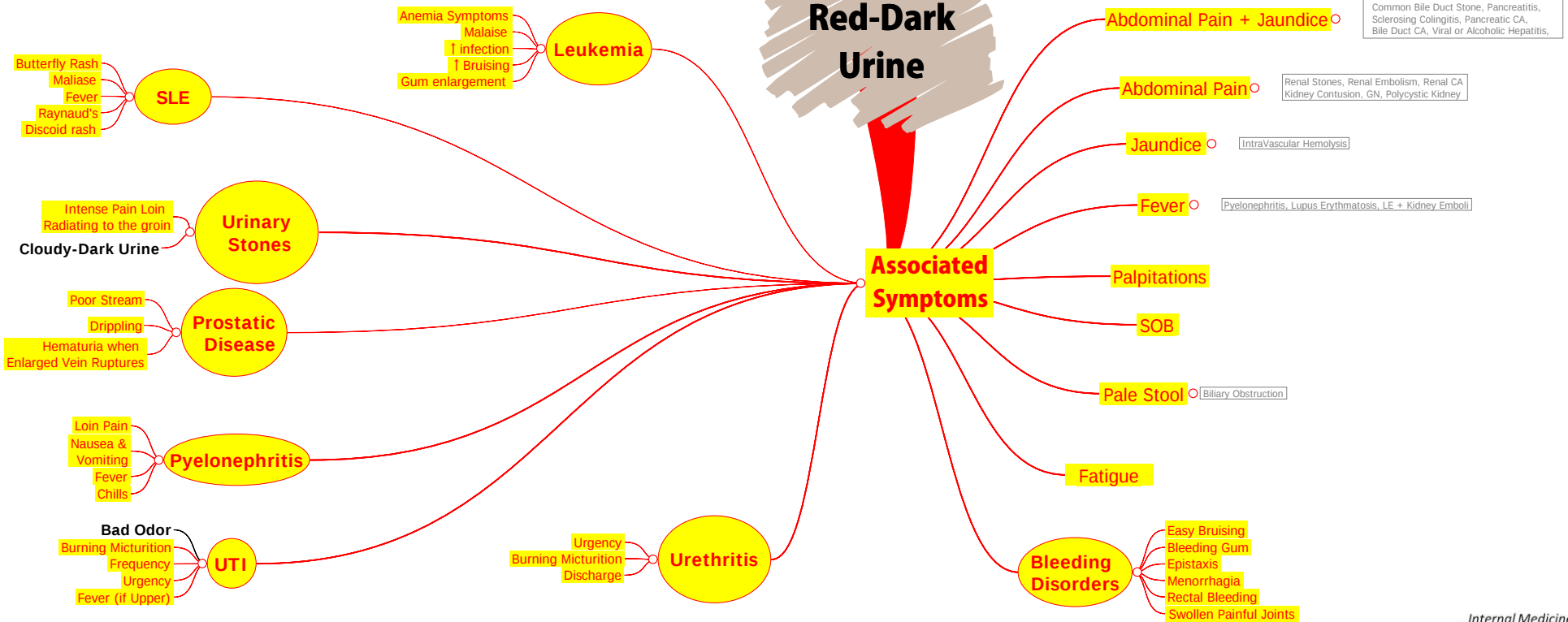
- Chr. Illnesses (G6PD, kidney, SLE)

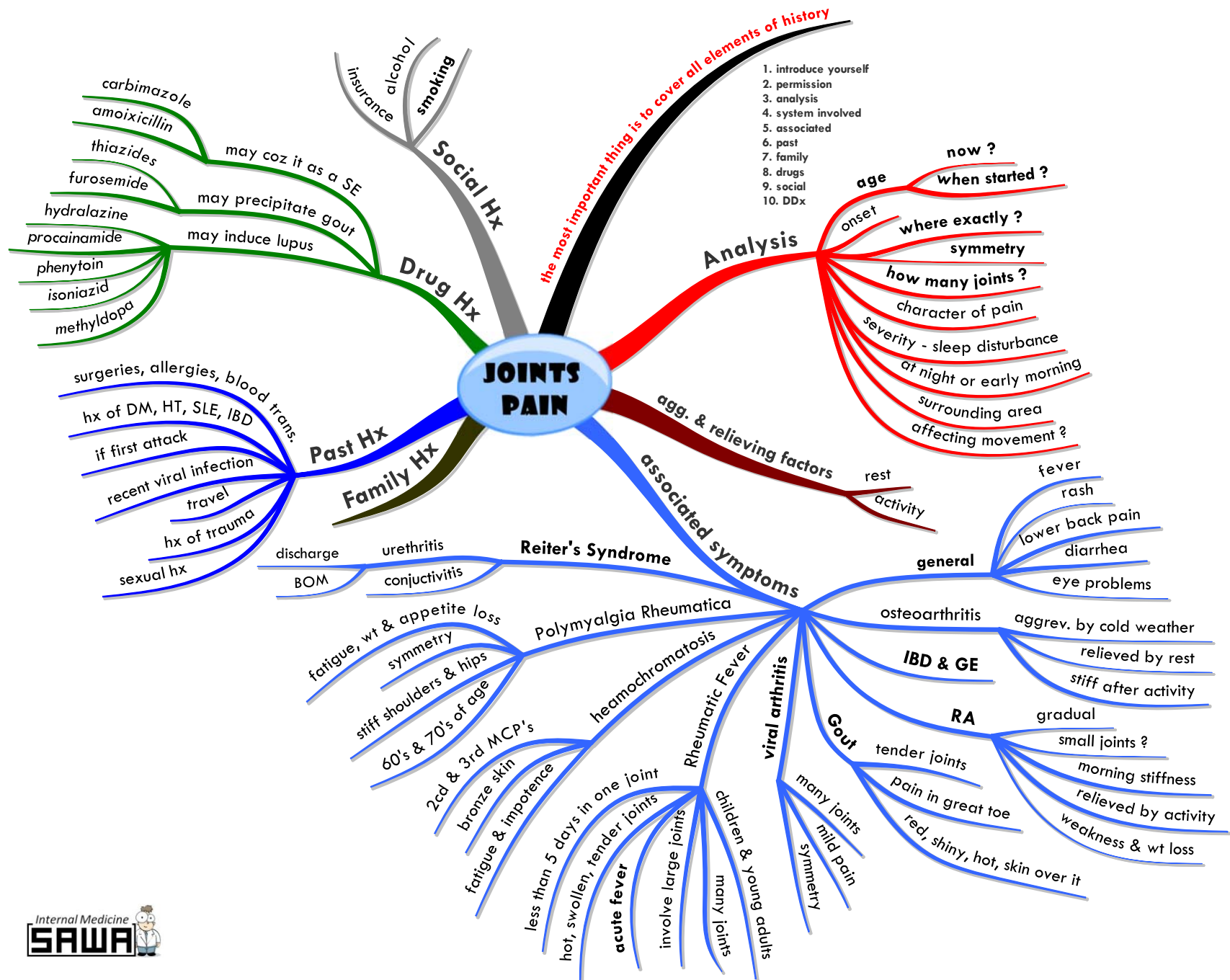
Social Hx

- Smoking / Alcohol / Drug Abuse
- Sexual practices
- Diet: Beetroot شمندر, Black/Redberries



Red-Dark Urine





- Hx of Chocking

Past Hx

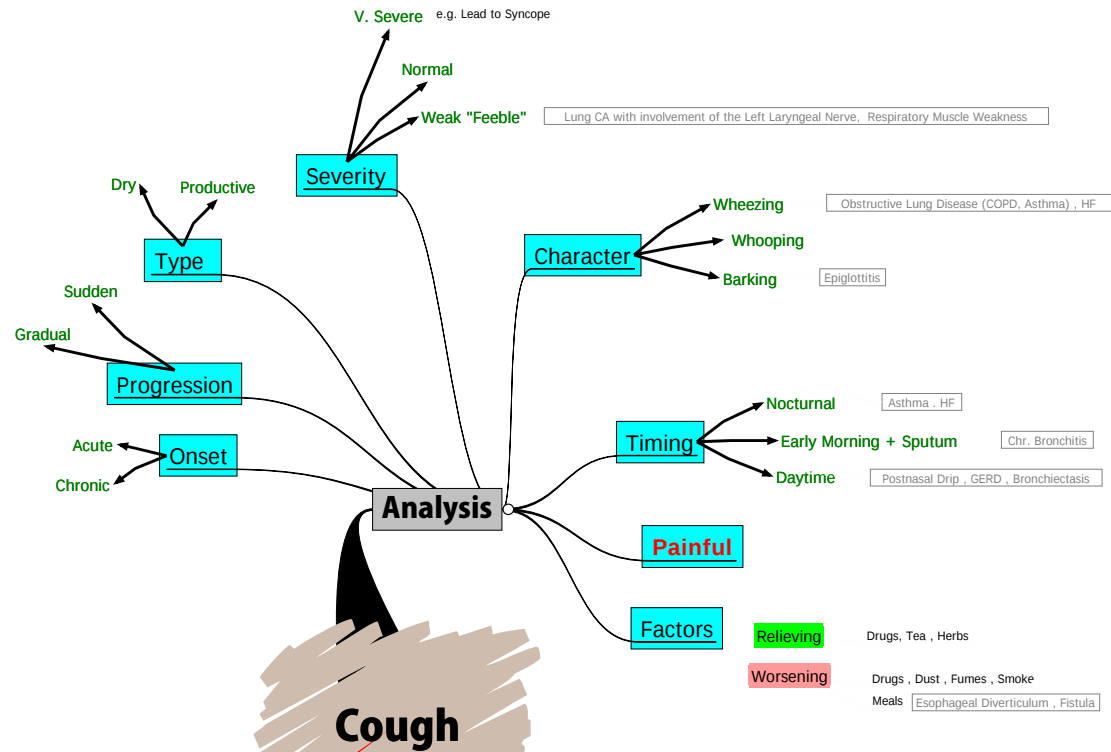
- Chr. Illnesses (RS, CVS, GI, asthma, allergy)
- Traumas
- Contact with the similar problem
- Allergies
- Hx of recent travel
- **Drugs**

Fx Hx

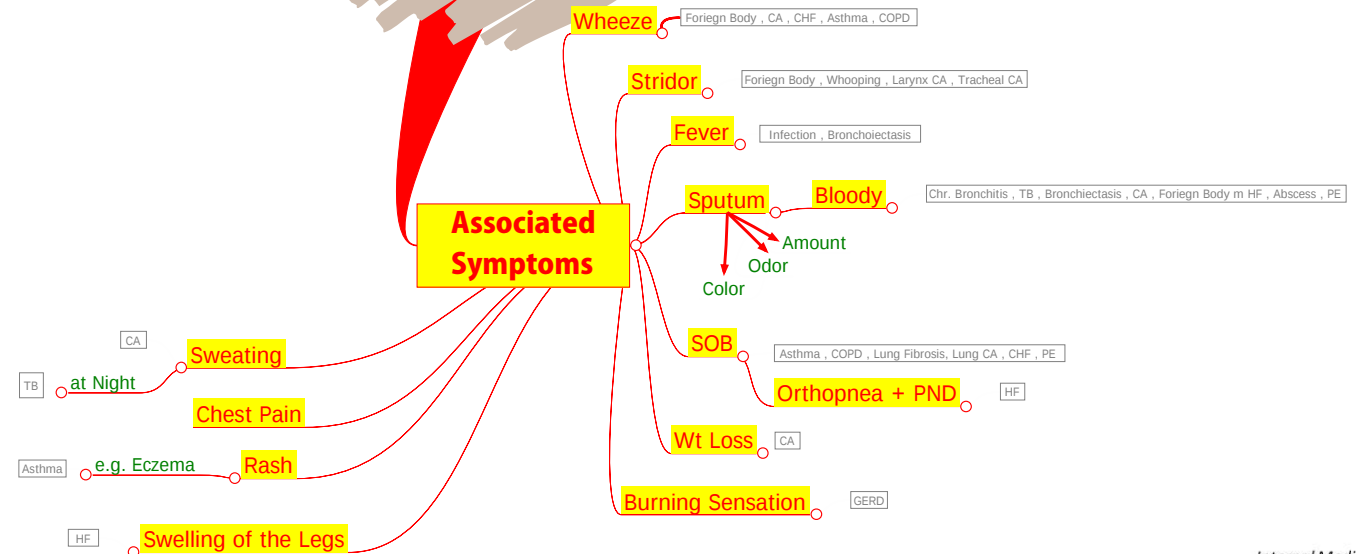
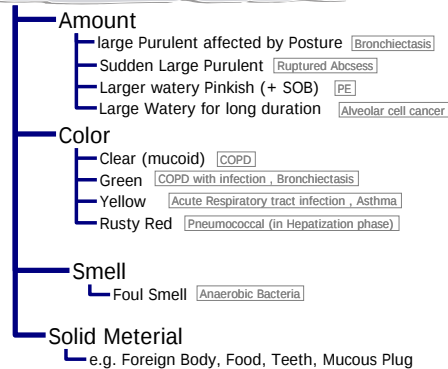
- Chr. Illnesses

Social Hx

- Hx of contact with a person who frequently coughs (TB)
- Smoking / Alcohol / Drug Abuse
- Occupational Hx
- Pets
- House ventilation



sputum analysis



Differential diagnosis of Acute and Chronic Cough

Acute Cough	Chronic Cough
Acute bronchitis	Most common
Acute sinusitis	Postnasal drip
Chronic obstructive pulmonary disease	Gastroesophageal reflux disease
Asthma exacerbation	
Allergic rhinitis	Less common
Whooping cough (Pertussis)	Medications (ACE inhibitor)
	Lung cancer
	Bronchiectasis
	Interstitial lung disease
	Congestive heart failure
	Chronic obstructive pulmonary disease

- Hx of eating in a unique place that day
- any friend/contact has the same problem

Past Hx

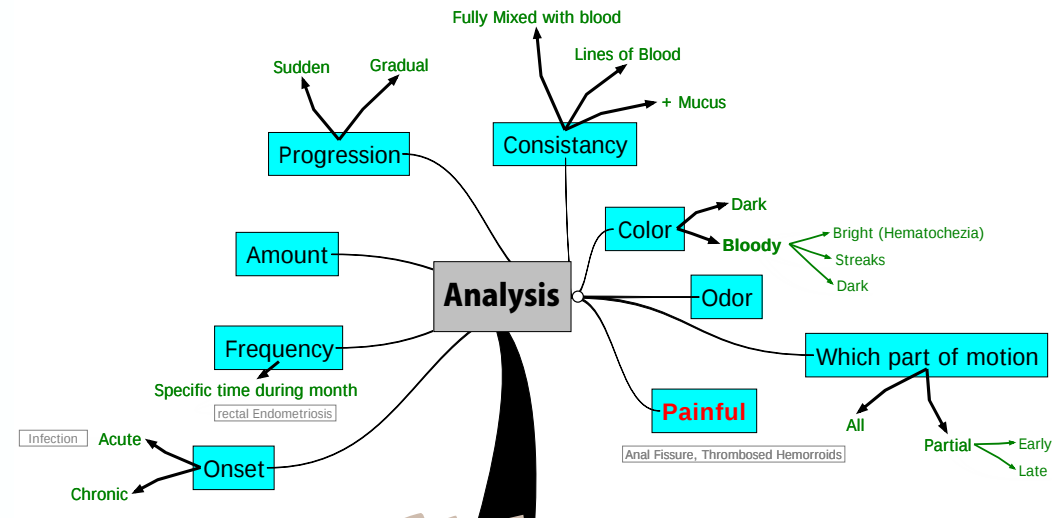
- Similar Attacks
- Chr. Illnesses (Bleeding Disorders)
- Hx of recent travel abroad
- Admissions / Surgeries
- **Drugs** (bismuth, Iron Supplements, NSAIDS, Aspirin, Heparin)

Fx Hx

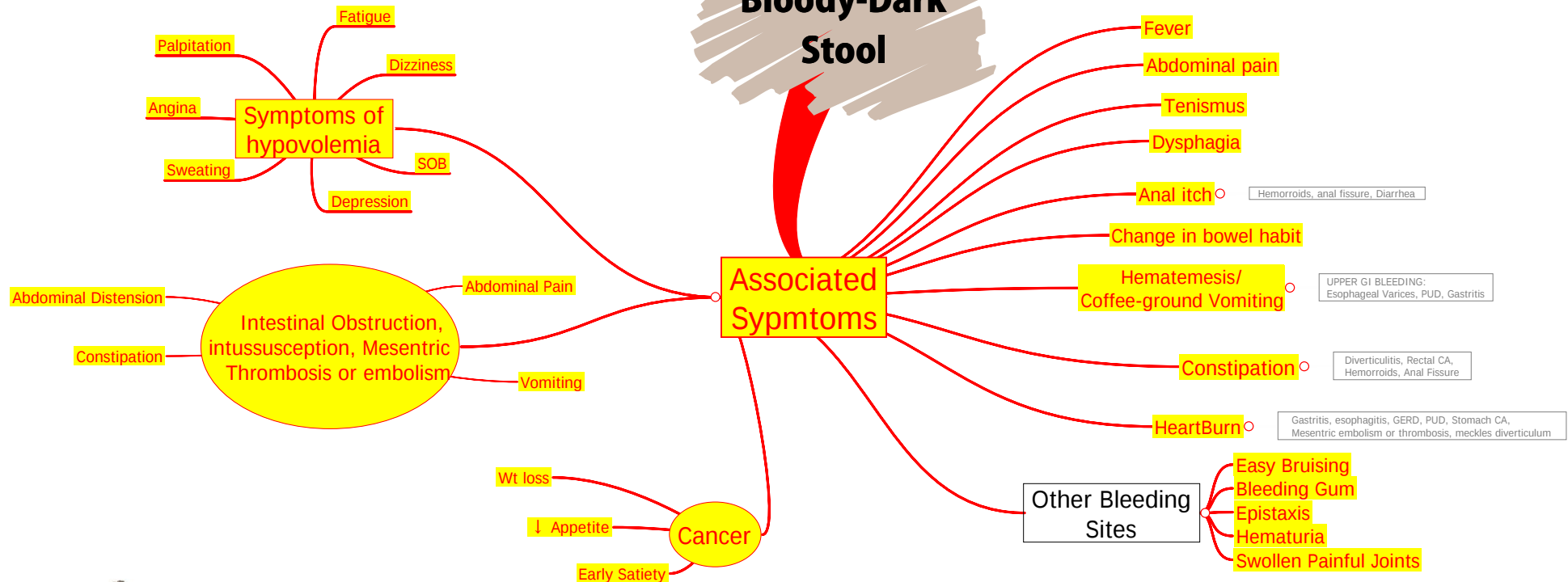
- Chr. Illnesses (Bleeding Disorders, CA, PUD)

Social Hx

- Smoker / Alcohol / Drug Abuse
- **Diet** (licorice سوس, Blackberries نوع من التوت, Beetroot شمندر)



Bloody-Dark Stool



Differential diagnosis of Bloody-Dark Stool

Acute bloody diarrhea ± mucus	INFECTION: - <i>Shigella</i> (bacillary) dysentery - <i>Campylobacter</i> enteritis - <i>Enteroinvasive Escherichia coli</i> - Enterohaemorrhagic type 0157 <i>E. coli</i> - <i>Entamoeba histolytica</i> (amoebic) dysentery First episode of cause of recurrent bloody Diarrhea	Melena	Bleeding duodenal ulcer Gastric ulcer Gastric carcinoma Esophageal carcinoma Esophageal varices Meckel's diverticulum Other causes: angiodysplasia, bleeding disorders False Melena: - Black licorice - Blueberries, - Iron supplements - Lead - Bismuth (Pepto-bismol)
Recurrent diarrhea with blood ± mucus	Crohn's disease Ulcerative colitis Colonic carcinoma Colorectal carcinoma Diverticular disease/ diverticulitis	Red Bloody Stool	Bleeding haemorrhoids Anal fissure Diverticulitis Rectal Carcinoma Colonic carcinoma Ulcerative colitis Meckel's diverticulum Crohn's disease Massive upper GI bleed Trauma Intussusception



- Hx of Choking

Past Hx

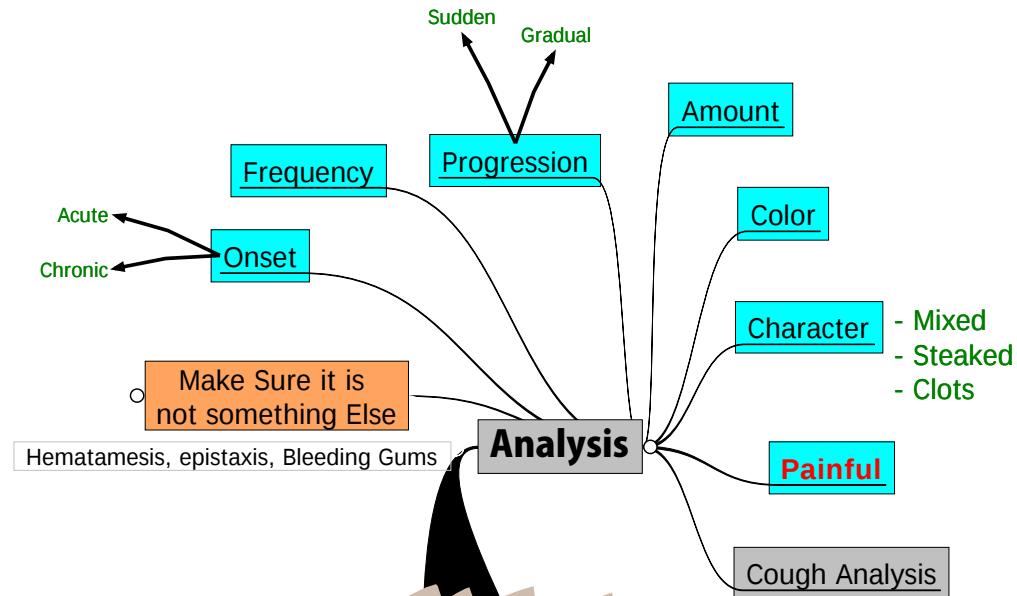
- Hx of the Same Problem
- Chr. Illnesses (DVT, Cystic Fibrosis, MI, Bleeding Disorders)
- Surgeries
- Traumas
- blood transfusion
- Travel Aboard
- Drugs (OCP's)

Fx Hx

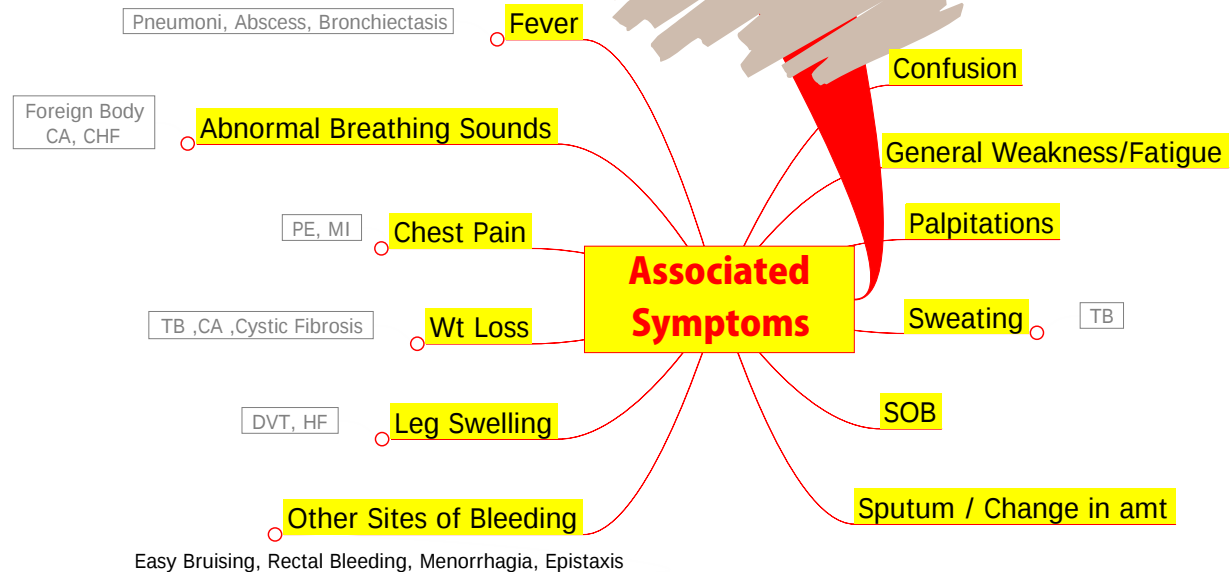
- Chr. Illnesses (Bleeding Disorders, CA)

Social Hx

- Smoking / Alcohol / Drug Abuse / Sexual practices
- Dental Hygiene



Hemoptysis



Differential diagnosis of hemoptysis by source

Airways	Lung parenchyma	Cardiovascular	Miscellaneous
Bronchitis	Pneumonia	Pulmonary embolus/infarction	Anticoagulant therapy
Bronchiectasis	Lung abscess	Congestive heart failure	Thrombocytopenia
Cystic fibrosis	Mycetoma (fungus ball)	Mitral stenosis	Pulmonary endometriosis
Bronchogenic carcinoma	Tuberculosis	Aortic aneurysm	
Endobronchial metastases	Lung contusion	Pulmonary arteriovenous malformation	
Foreign body aspiration	Lupus pneumonitis Goodpasture's syndrome Wegener's granulomatosis		

- Pregnant?

Past Hx

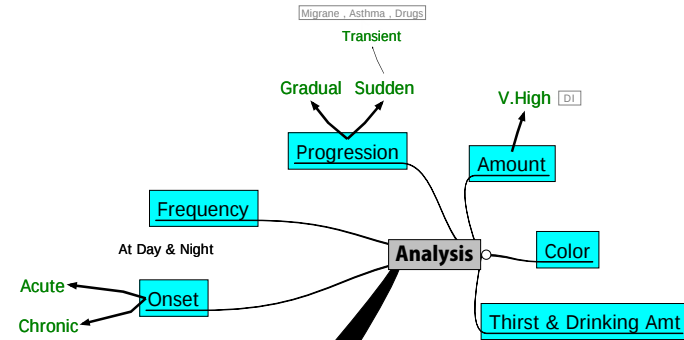
- Chr. Illnesses (MI, RA, ...)
- **Drugs** (OCP's)
- Surgeries

Fx Hx

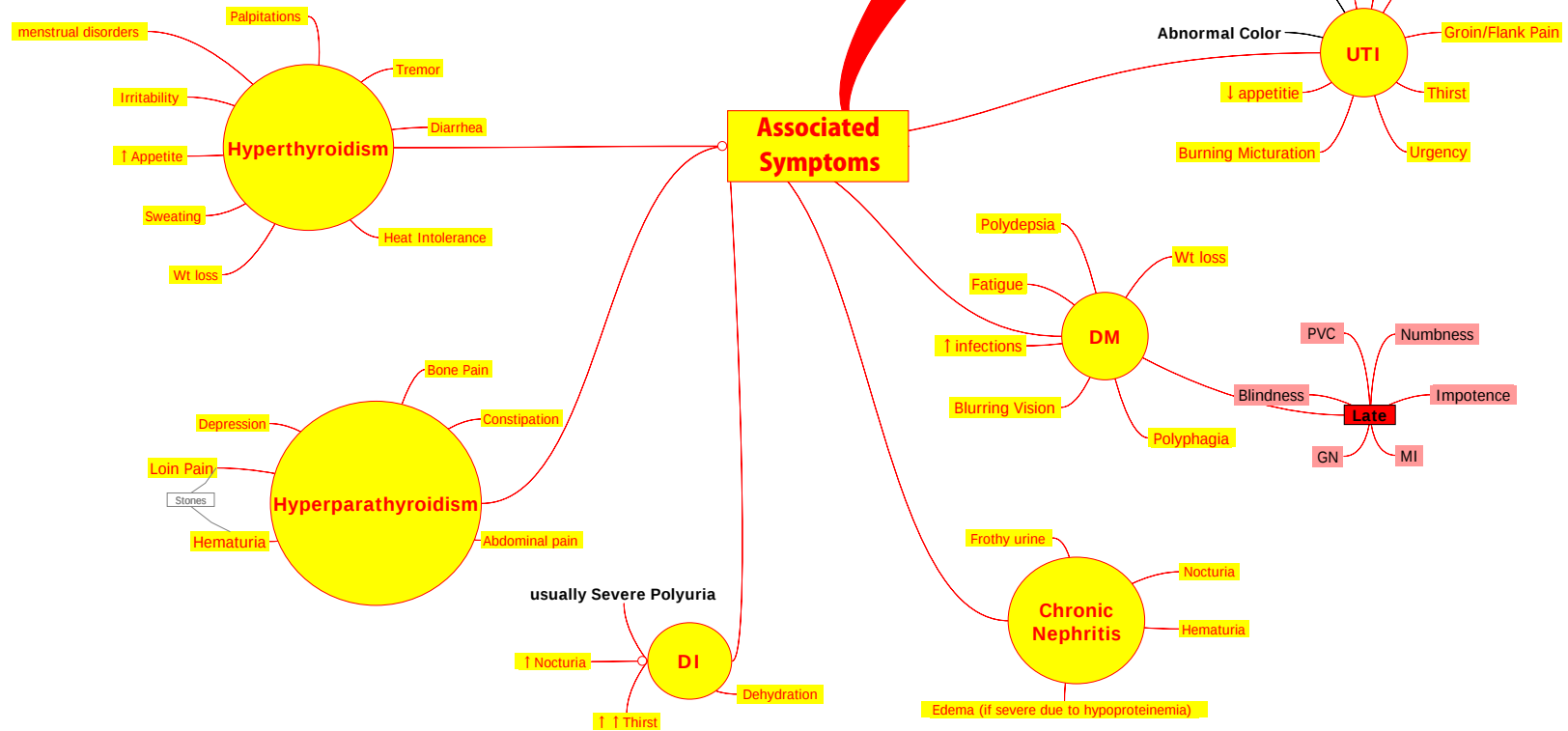
- Chr. Illnesses (DM, Kidney, CA)

Social Hx

- Smoking / Alcohol / Drug Abuse
- Caffeine intake
- Occupational Hx



Polyuria



- Recent Change In Diet
- Hx of eating in a unique place that day
- any friend/contact has the same problem

Past Hx

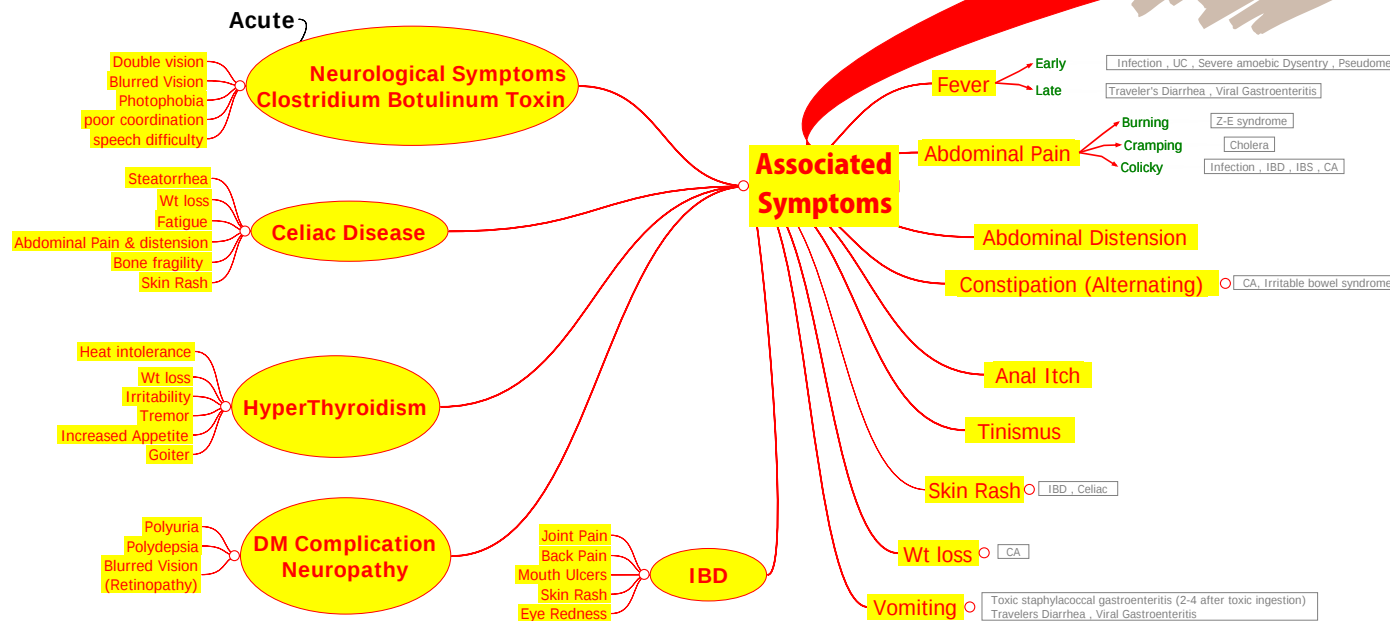
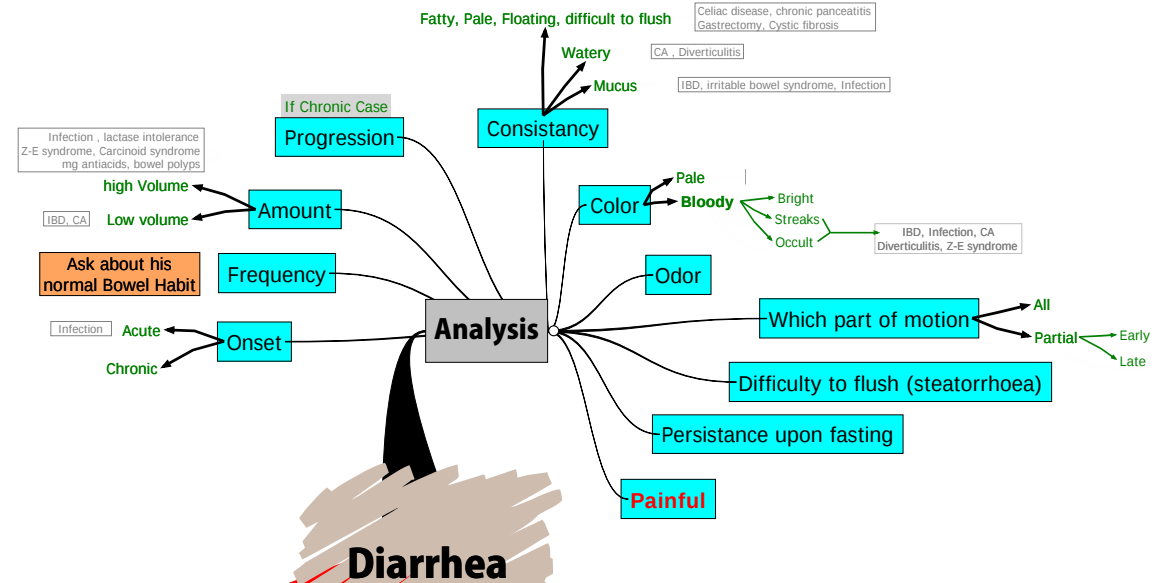
- Similar Attacks
- Chr. Illnesses (DM, hyperthyroidism)
- Hx of recent travel abroad
- Surgeries
- Drugs

Ex Hx

- Similar Attacks

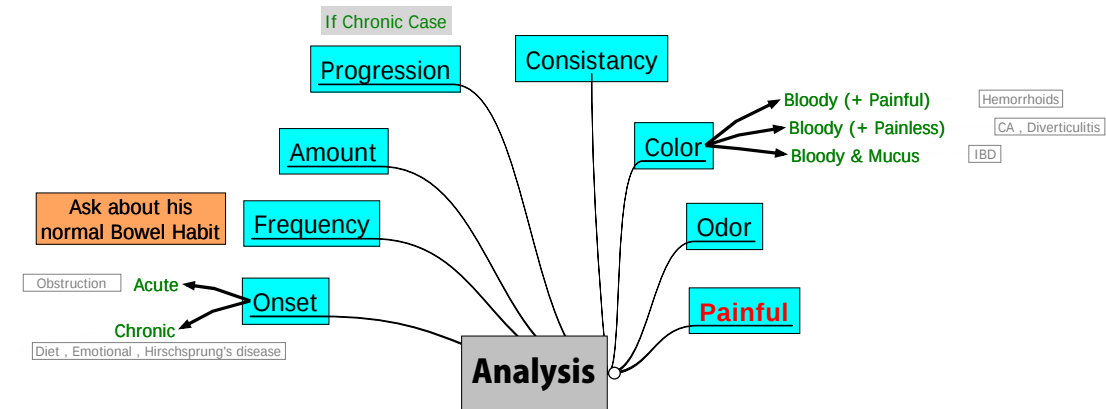
Social Hx

- Smoker / Alcohol / Drug Abuse
- occupation



Differential diagnosis of Diarrhea

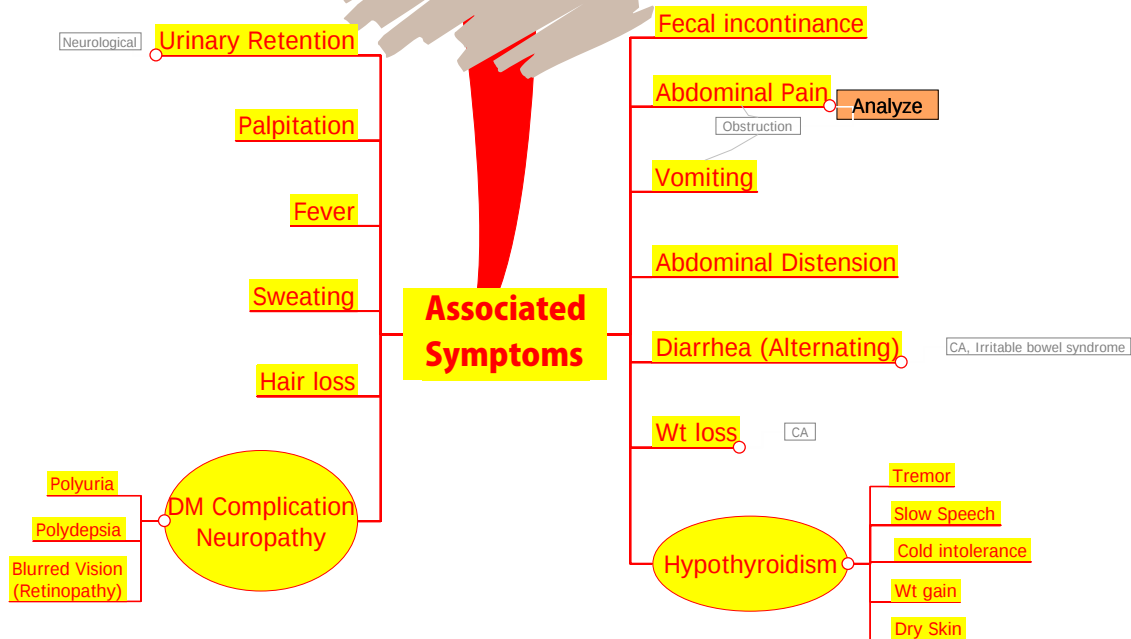
Gastrointestinal	Infection (campylobacter, salmonella) Inflammatory Bowel Disease Malabsorption (celiac, ...) Cancer Diverticulitis Irritable Bowel syndrome Pancreatitis (chronic, cystic fibrosis) Starvation
Endocrine	DM hyperthyroidism
Others	Drugs Diet Changes



- Recent Change In Diet
- Pregnant ?

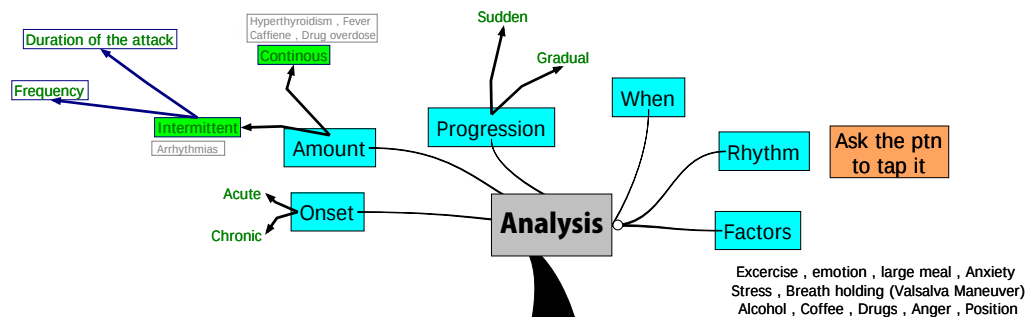
Past Hx

- Similar Attacks
- Chr. Illnesses (DM, hypothyroidism, Hypercalcaemia, Hypokalemia, Neurological)
- Past Pregnancy Problems
- Surgeries
- Traumas
- Drugs



Differential diagnosis of Constipation

Endocrine	DM Myxoedema (hypothyroidism, Hyperparathyroidism) Pregnancy (↑ estrogen & progesterone)
Gastrointestinal	Obstruction (CA,) Fissure / Hemorrhoids Irritable Bowel syndrome Diet Changes Starvation
Psychological	Depression
Nervous System	Parkinsonism Multiple Sclerosis Hirschsprung's disease (Children)
Others	Drugs Bowel Habit



Past Hx

- Similar Attacks
- Chr. Illnesses (HF, rheumatic fever, MI, HTN) (Hyperthyroidism, stroke, cardiomyopathies)
- Previous admissions
- Surgeries
- **Drugs**

Fx Hx

- Similar Attacks
- Hx of Chr. Illnesses
- Early deaths

Social Hx

- Smoker / Alcohol / Drug Abuse

Differential diagnosis of Palpitation

1- Arrhythmias

- SVT
- Heart Block
- Tachycardia
- AF
- Ventricular Ectopics

2- Menopause

3- Thyrotoxicosis

4- Pheochromocytoma

5- Fever

6- Anxiety

Arrhythmias Causes

- HF / IHD
- Chronic Valvular diseases

AF Causes

- HF / IHD
- Mitral Valve Disease

