



**Block IPC-133**  
**Introduction to Patient Care**  
**Medical Interviewing, Introduction to Physical,**  
**Examination 1**



# Personal History

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## Intended Learning Outcomes

By the end of the Lecture, students should be able to:

**A1- Describe a structured, patient centered history**

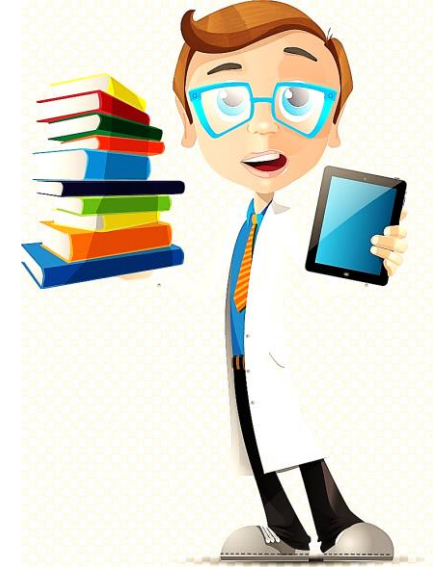
**B1- Formulate history into a meaningful diagnostic formulation.**

**B2-Select an empathic and holistic approach to the patients and their problems**

## Personal history training Learning objectives

After this lecture, student should be able to identify items of personal data:

- Name.**
- Age.**
- Gender.**
- Residence.**
- Occupation**
- Marital status.**
- Special habits.**







**Need to be professional in dress and behavior**



**• Introduce yourself • Gain eye contact**



**Do not use unnecessarily emotive words**



**Sharing information**





# Personal history Checklist



- Name.**
- Age.**
- Gender.**
- Residence.**
- Occupation**
- Marital status.**
- Special habits**
- Menstrual history (female patient)**
- Handedness**







# 1- Name

Recording the complete name including the family name

- Filing system
- Fatal errors may occur when two patients with the same name have been under treatment in the hospital.
- Giving sense of familiarity
- Sex identification.



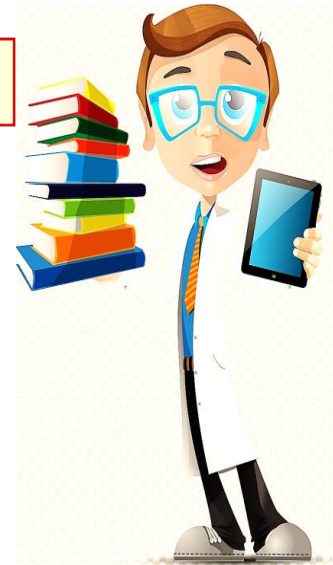
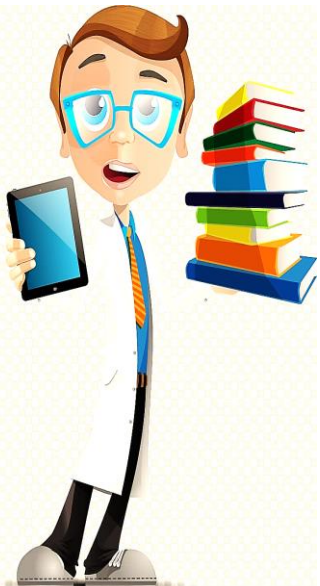


## 2- Age

- **Diseases which are common young adults e.g.:**
  - Rheumatic heart diseases.
  - Viral hepatitis.
  - Hemolytic anemia
- **Tumors occur in children:**
  - Wilm's tumor of the kidney.
  - Retinoblastoma.
  - Medulloblastoma.

## Diseases which are common in old age:

- 1- Carcinoma.
- 2- Atherosclerosis
- 3- Coronary artery disease.
- 3- Cor - pulmonale.
- 4- Chronic lymphatic leukemia.
- 5- Multiple myeloma



# 3- Gender

Diseases which are common in **females** as:

- Systemic lupus erythromatosis.
- Thyrotoxicosis - Myxoedema.
- Primary biliary cirrhosis.
- Myasthenia
- Chorea

Diseases which are common in **males**:

- Coronary heart disease.
- Bronchogenic carcinoma.
- Hemophilia, (X - Linked)
- Duchenne. (X - Linked)
- Peptic ulcer
- Cancer stomach.







## 4- Residence

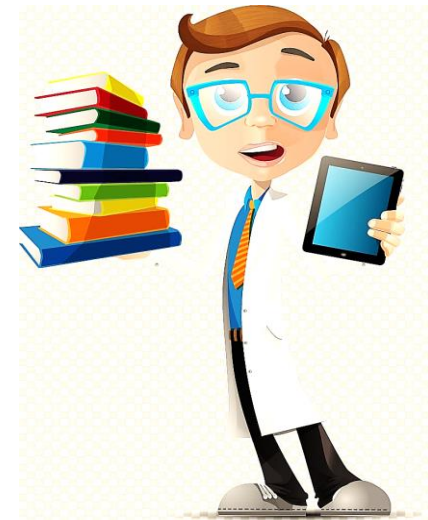
Born in ....., Lives in .....

- Rural

1. Bilharziasis,
2. Exposure to animals (Brucellosis)
3. Insecticides.

- Urban

1. Hypertension,
2. Anxiety
3. Ischemic heart disease (IHD)



# 5- Occupation

Certain occupations may expose the patient to certain diseases:

- **Farmers** ----- Bilharziasis, Brucellosis
- **Sewers** ----- Infections e.g.: leptospirosis
- **Lead workers** ---- Lead poisoning (Anemia - Nephropathy).
- **Glass workers** (Silicosis )----- Interstitial pulmonary fibrosis
- **Deep X-ray irradiation** --- Bone marrow depression - sterility.
- **Asbestosis**----- mesothelioma – bronchogenic carcinoma.
- **Manganese workers** -----Parkinsonism.





## 6- Marital status



- **Single,**
- **Married,**
- **Separated,**
- **Divorced,**
- **Widow (female),**
- **Widower (male)**

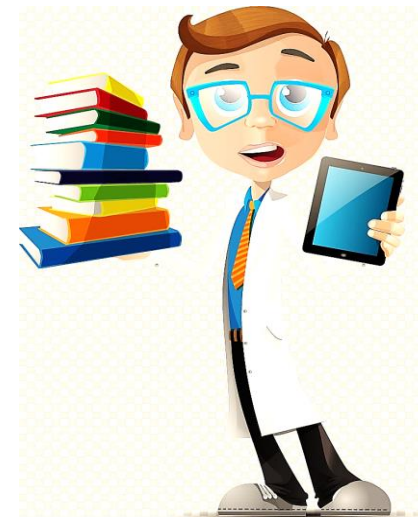
- **Duration of marriage.**
- **Number of children.**
- **The age of the youngest child.**

**High social class liable to**

**Hypertension - I.H.D**

**Low social class liable to**

**Malnutrition, infections & parasites.**







# 7- Special habits status

- **Smoking**
  - **Alcohol**
  - **Opium**
  - **Drugs abuser**
  - **Diet**
- Excessive intake of**
- 1. Coffee,**
  - 2. Salt**
  - 3. Spices**





# A- Smoking

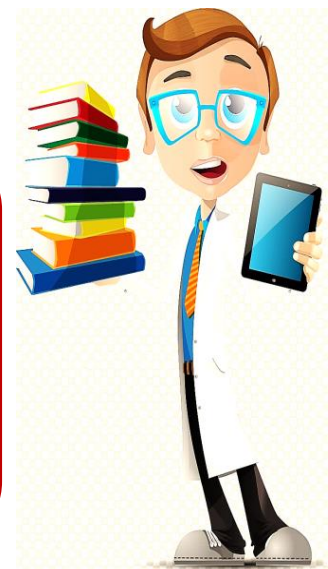


- Ask about: Number of cigarettes /day, duration & type of smoking
- Do not forget passive smoking
  - **Man who smoke 20 cigarette /day for 20 years duration = smoking index=  $20 \times 20 = 400$  or (20 pack-years)**
- Smoking index:
  - $< 200$ = mild smoker.
  - $200-400$ = moderate smoker
  - $> 400$  Heavy smoker
- Stopping smoking = patient who stopped smoking less than 1 year
- Ex-Smoker =patient who stopped smoking more than 1 year

## Hazards of of Smoking



- Chronic bronchitis, emphysema.
- Bronchial carcinoma
- Arrhythmia - I.H.D - peripheral vascular diseases.
- Peptic ulcer - cancer oesophagus - cancer stomach.
- Cancer bladder, cerebrovascular diseases
- Intrauterine growth retardation,



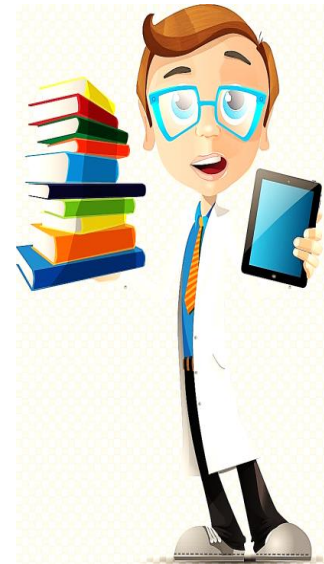
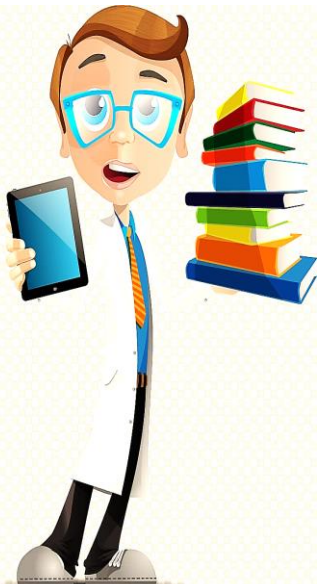


# B- Alcohol

- Ask about the amount / day,
- The alcohol equivalents are: 30 ml of whisky, 100 ml wine or 250 ml beer contain 10 gm alcohol.
- **The amount of alcohol consumed per week and also establish if the consumption is spread evenly over the week or concentrated into a smaller period**
- In the UK, alcohol is quantified in alcohol.
- One unit is 10ml of pure alcohol

## Hazards of Alcohol

- Alcoholic fatty liver, **hepatitis**, cirrhosis,
- Acute hemorrhagic **pancreatitis**.
- Alcohol may aggravate **gastritis**
- Polyneuropathy, (Thiamin or vitamin B1)
- Cardiomyopathy
- Wernicke's - Korsakoff syndrome.







## Hazards of Opium (Hashish)

- Constipation, its withdrawal symptoms are diarrhea, rhinorrhea

## Hazards of Intra Venus addiction(IV)

- Hepatitis - AIDS - Infective endocarditis.

- Hazards of excess **Coffee** --- Arrhythmia , gastric reflux.
- Hazards of excess **salt** intake ---Resistant hypertension
- Hazards of excess **Spices** food intake --- Gastric reflux



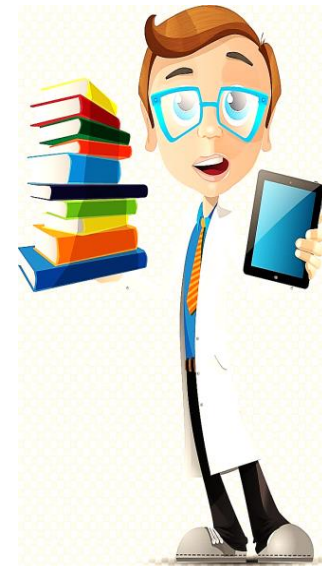
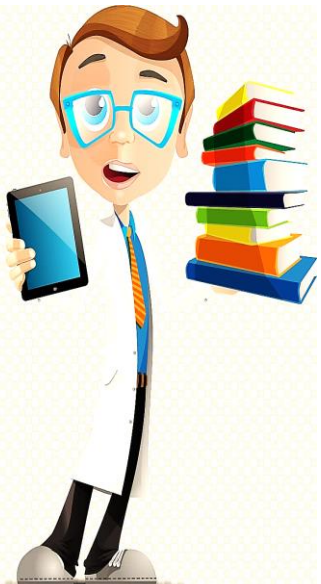
# 8-Menstrual history (female patient)

- Frequency of the periods, regularity, duration, amount of blood.
- Date of Menarche and menopause,
- **Regular menstruation**
- **Irregular menstruation**
- **Primary amenorrhea (No menstruation before)**
- **Secondary amenorrhea (has history menstruation before then stopped)**
- **Post menopause**
- **History of intake of contraceptive pills**



## Hazards of contraceptive pills

- **Thromboembolic magnifications  
(deep venous thrombosis)**
- **Hepatic cholestasis**
- **Hypertension.**
- **Nausea and vomiting**
- **Headache.**

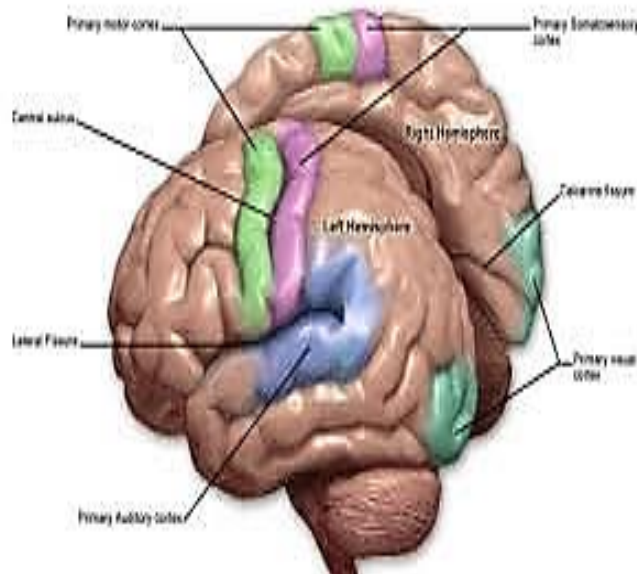






# 9- Handedness

**The tendency to use either the right or the left hand more naturally than the other.**

- **To determine dominant hemisphere in neurological cases.**
- **If dominant hemisphere is affected , aphasia occurs**







# Personal history formulation example

**Hana Hady Ali Ahmed**, 77- year-old **women**, from **El-Maragha**, **housewife**, **Widow**, has 3 offspring, *heavy smoker, smoking index 800 (20 cigarette /day for 40 years)*, **post menopause**, she is **right-handed**





# Quiz



**51- year-old women, she smokes half a pack of cigarettes a day for 30 years, works as a nurse at Drug Addiction Treatment Center, she used oral contraceptives for 20 year and stopped 2 weeks ago after agreeing with her husband to separate and reported left lower limb swelling during her routinely clinical visit.**

**1-Which diseases is common for the age of this patients?**

**2-What is the marital status of this patient ?**

- 1. Wilm's tumor of the kidney
- 2. Coronary artery disease
- 3. Retinoblastoma.
- 4. Medulloblastoma.



- 1. Single,
- 2. Married,
- 3. Separated,
- 4. Divorced,

**3-What is the special habits of this patient ?**

**4-What is hazards of here special habits?**

- 1. Smoking
- 2. Alcohol
- 3. Opium
- 4. Drugs abuser



- 1. Hepatitis
- 2. Liver cirrhosis,
- 3. Chronic bronchitis, emphysema
- 4. Acute hemorrhagic pancreatitis.



# Quiz



**51- year-old women, she smokes half a pack of cigarettes a day for 30 years, works as a nurse at IV Drug Addiction Treatment Center, she used oral contraceptives for 20 year and stopped 2 weeks ago after agreeing with her husband to separate and she reports now, left lower limb swelling during her clinical visit.**

**5-This patient will be under the risk of..... by her occupation.**

**7-What is the index of her special habit ?**

- 1. Bilharziasis,
- 2. Brucellosis
- 3. leptospirosis
- 4. HIV

- 1. Mild
- 2. Moderate
- 3. Heavy
- 4. Ex-smoker



**6-What was the complication of using contraceptive pills for this patient?**

**8- Which diseases is common in her gender?**

- 1. Pregnancy
- 2. Deep venous thrombosis
- 3. Hypotension
- 4. Chronic bronchitis

- 1. Systemic lupus erythromatosis.
- 2. Thyrotoxicosis
- 3. Hemophilia
- 4. Primary biliary cirrhosis.



