A Differential Diagnosis Mnemonics Handbook - and the Parts of the Medical History

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Mnemonics are memory tools to help in the memorization of long lists. These differential diagnosis and medical history mnemonics are intended to aid memorization. These mnemonics are not all inclusive and should be used in conjunction with standard textbooks of medical diagnosis and differential diagnosis. The electronic text in PDF or word has hyperlinks to navigate.

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Vertigo – “Sick Spin”
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Parts of the Medical History
Chiefly History in the Past tells your Family Social Review
CC - Chief Complaint - quote patient x duration
HPI – History of the Present Illness with “LOCATES”
PMH – Past Medical History with “A History”
FH – Family History with Genetics and household contact
SH – Social History with the “Flames”
ROS – Review of Systems

Emotions and Difficult Interviews
Anger – “Anger”
Fear/Anxiety – “Afraid”
Depressed – “Flat line and Grasp”
Demanding/Dependant – “Reflects”
Rambing – “Lost”
Quiet – “Open”
Setting the Stage – “Knocks Privately”
Facilitating the Interview – “I can keep interest going”
Giving Bad news – “Stop and Pray”

* ACUTE ABDOMINAL PAIN: “BAD GUT PAIN” and “ECTOPIC”
B - Bowel obstruction
A - Appendicitis, Adenitis (mesenteric)
D - Diverticulitis
  Diabetic Ketoacidosis
  Dysentry/Diarrhea Drug withdrawal
G - Gastroenteritis
  Gall bladder disease/stones/
  obstruction/infection
U - Urinary tract obstruction (stone)
  infection (pyelo/cystitis)
T - Testicular Torsion
  Toxin - Lead, black widow spider bite
P - Pneumonia/Pleurisy
  Pancreatitis
  Perforated bowel/ulcer
  Porphyria
A - Abdominal aneurysm
IN - Infarcted bowel
  Infarcted myocardium (AMI)
  Incarcerated hernia
  Inflammatory bowel disease
S - Splenic rupture/infarction
  Sickle cell pain crisis
  sequestration crisis  Index
* For FEMALES with acute PELVIC pain, think "ECTOPIC" as well as the above causes:
  E - Ectopic (This is your priority rule out always)
    Endometriosis
  C - Cyst rupture (corpus leutium cyst rupture)
  T - Torsion of ovary or cyst
  O - Ovulation: Mittelschmerz
  P - Pelvic Inflammatory Disease, salpingitis, tubo - ovarian abscess
  I - Incomplete abortion
  C - Cystitis/pyelonephritis

* AMYLASE INCREASED: "PAROTID"
  P - Pancreatitis acute and chronic
    Pancreatic pseudocyst
    Parotitis (mumps, alcohol, any parotid inflammation)
    Pregnancy
    Perforated bowel
  A - Abdominal trauma, Acute burns
  R - Ruptured ectopic pregnancy
    Renal failure
  O - Obstructed intestines
  T - Tumor of pancreas, lung, ovary, esophagus
  I - Infarcted bowel
  D - Diabetic ketoacidosis
    Drug - Morphine/Demerol

* ANEMIA: MACROCYTIC = "BIG FAT RED CELLS"
  B-B12 Malabsorption
  I-Inherited
  G-Gastrointestinal disease or surgery
  F-Folic Acid Deficiency
  A-Alcoholism
  T-Thiamin responsive
  R-Reticulocytes miscounted as large RBCs
  E- Endocrine - hypothyroid
  D-Dietary
  C-Chemotherapeutic Drugs
  E-Erythro Leukemia
  L- Liver Disease
  L- Lesch-Nyhan Syndrome
  S-Splenectomy

*ANEMIA: NORMOCYTIC = "NORMAL SIZE"
  N - Normal Pregnancy
  O - Over hydration
  R - Renal Disease
  M - Myelophthistic
  A - Acute Blood loss
  L - Liver Disease
SI - Systemic Infection or Inflammation
Z - Zero production - Aplastic
E - Endocrine: Hypothyroid, hypoadrenal, decreased androgen

ANEMIA: MICROCYTIC = "TICS"
T - Thalassemias
I - Iron Deficiency: Source: GI Bleed 56%
   Menses 29%
   Diet 19%
C - Chronic Inflammation
S - Sideroblastic - lead toxicity

ANEMIA: HEMOLYTIC: "HEMATOLOGIST".
H - Hemoglobinopathy: Hb SS, SC, S beta Thal
   Hemoglobinuria: Paroxysmal Nocturnal Hemoglobinuria.
E - Enzyme Deficiency - Inherited Pyruvate Kinase (PK) deficiency and pyrimidine-5’-nucleotidase deficiency
M - Medication - Drug induced immune hemolytic anemias
A - Antibodies, autoimmune
T - Trauma to the red cells. Fragmentation (Microangiopathic)
O - Ovalocytosis - This is an autosomal dominant disorder seen in people from South East Asia. Signs and symptoms are minimal.
L - Liver disease.
O - Osmotic fragility in Hereditary spherocytosis and in Hereditary Elliptocytosis
G - Glucose - 6 - Phosphate Dehydrogenase Deficiency (G6PD)
I - Infection: Intra-erythrocytic parasites (malaria and babesiosis)
S - Splenic destruction in hypersplenism. Splenomegaly,
T - Transfusion related
   - Thalassemias -

*ARTHritis: "ARTHritics"
A - Autoimmune Arthritis
   Amyloidosis
R - Rheumatic Fever
T - Trauma Acute or Chronic (DJD)
H - Hepatitis Type B
   Hypertrophic Pulmonary Osteoarthropathy
R - Reiter's Syndrome
I - Infection/Septic Joint (GC, SBE)
T - Treponema - Lyme Disease, Syphilis
I - Infarction: sickle cell disease, avascular necrosis, Osteochondritis Dessicans
C - Crystals: Gout (urate) and pseudogout (calcium)
S - Sarcoidosis
   Serum Sickness

*AUTOIMMUNE ARTHRITIS: "SUPPRESS"
S - SLE
U - Ulcerative Bowel Disease
P - Psoriasis
P - Polymyositis - Dermatomyositis

Index
R - Rheumatoid and Juvenile RA
E - Erythema Nodosum
S - Scleroderma
S - Sjogrens
  Sponylitis/Ankylosing

*ATRIAL FIBRILLATION: "IRREGULAR P WAVES"
I - Infarction: myocardial
  Intoxication ETOH
R - Rheumatic Heart Disease
R - Recent Thoracotomy
E - Endocrine - Hyperthyroid
G - Geriatric
U - Unknown - Idiopathic
L - Lung Disease - COPD
A - Atherosclerotic Heart Disease
R - Reduced Oxygen - Hypoxia
P - Pericarditis

W - Worry/Stress
A - Atrial Septal Defect
V - Valvular Lesion - Mitral
E - Embolus - Pulmonary
S - Systemic Arterial Hypertension

*BACK PAIN : "DISK MASS"
D - Degeneration: DJD, Osteoporosis, Spondylosis
I - Infection: UTI, PID, Potts, Osteo, Prostatitis
  - Injury/Fracture, compression fracture
S - Spondylitis, Ankylosing
  - Spondyloarthropathies (Rheumatoid, Reiters, SLE.....)
K - Kidney stones/infection-infection (Pyelonephritis/abscess)
M - Multiple Myeloma, - Metastasis from breast,
  prostate, lung, thyroid, kidney CA
A - Aneurysm - Abdominal
S - Slipped Disk, Spondylolisthesis,
  Spinal Stenosis
S - Strain, Scoliosis/lordosis - Skin: Herpes Zoster

*BRADYCARDIA: "BRADYCARDIAS"
B - Beta Blockers
R - Rising intracranial pressure
A - Athlete
D - Digoxin intoxication
Y - Yellow jaundice Biliary obstruction
C - Carotid sinus sensitivity
A - Acute nephritis with hypertension
R - Reserpine
D - Decreased thyroid hypothyroid
  Decreased temperature hypothermic
I - Infections: mycoplasma, diphtheria, influenza
  Infarction/myocardial usually inferior
A - A-V node dysfunction/Blocks
S - S-A node dysfunction
   Sick sinus syndrome

*CHEST PAIN: "An Aching Heart Can Play A Part"
A - AORTIC DISSECTION
A - ANXIETY: Hyperventilation Syndrome (Diagnosis of exclusion!)
H - HEART: Angina - effort and spasm
Acute Myocardial Infarction
Valvular - AI,MS,MVP,IHSS
C - CHEST WALL PAIN: Trauma, Fracture strain, Herpes Zoster, costochondritis,
   Tietzie's syndrome, Breast lesions
P - PLEURITIC PAIN: "Five P's of pleuritic pain"
   Pericarditis, Pulmonary Embolus, Pneumothorax
   Pleurisy: infiltrate or inflammation, Pneumomediastinum

A - ABDOMINAL CAUSES: Peptic Ulcer Disease, gall stones
   Esophagitis, Reflux, Pancreatitis
P - PERICARDIAL DISEASE

CLOTTING DISORDERS
Bleeding too much – CALF DIPS
C - Cirrhosis/Liver Disease and Coumadin
A - Aspirin and other drugs NSAIDs
L - Leukemia, Lupus anticoagulant
F - Factor Deficiency – Hemophilia
D - Disseminated Intravascular Coagulation
I - Idiopathic Thrombocytopenic Purpura
P - Platelet Deficiency (TTP, HUS, DIC, Heparin- HIT) or Platelet Dysfunction (vWD)
S - Scurvy: Vitamin C Deficiency

Clotting too Much – “5 Ps HAD CAUSED CLOTs”
P - Pregnancy - Increased blood viscosity, fibrinogen and factor VIII.
   Post Partum - Hypercoaguable state
P – Prothrombin 20210 mutation,
P - Protien S, C, deficient – Inherited
P - Polycythemia vera - increased viscosity
P – Paroxysmal Nocturnal Hemoglobinuria
S- Smoking

H – HIT Heparin Induced Thrombocytopenia
   Hyperhomocyteinemia
A – Antithrombin III Deficiency
D – Dysfibrinogenemia

C - CHF or Congestive Heart Failure
A – Antiphospholipid Syndrome
U – Uremia – Chronic Renal Failure
S – Surgery – Orthopedic is greatest risk
E – Estrogen
D – Diabetes
C - Cholesterol elevation, Cancer - procoagulant effects,
L - Leiden Factor V mutation – Activated Protein C resistance
O – Obesity and Cholesterol elevation
T - Trauma, Travel (immobility) - Stasis of blood flow and release of tissue thromboplastin in trauma
T – Thyroid disease hyper or hypo
S – Sepsis Index

CLUBBING: "CLUB"
C - Cardiac: SBE, Congenital heart disease
   - Congenital clubbing - benign
L - Lung: Carcinoma, chronic infection (TB..)
U - Ulcerative Bowel disease Index
B - Biliary Cirrhosis

*COMA - ALTERED MENTAL STATUS :
"ACUTE CLOUDING"
A - Alcohol excess/withdrawal (DTs)
   Anaphylaxis
   Anemia - acute blood loss (GI,Trauma,....)
C - CVA bleed or blockage
   Carbon Monoxide
U - Upper motor Neuron lesion/mass/mets
T - Trauma - subdural, concussion, contusion
   Temperature problem, hyperthermia, hypothermia
E - Epilepsy - postictal state or status seizures
   Endocrine - hyper/hypo thyroid, hyper/hypo adrenal, hyper/hypo pituitary
   Electrolytes - hyper/hypo Na, hyper/hypo Ca, hyper/hypo Mg, hyper/hypo K
   Eclampsia

C - Cardiovascular - pump failure
   - MI, Tamponade, Hypertensive crisis
L - Liver failure (Hepatic encephalopathy)
   Lupus cerebritis
O - Oxygen deficiency - hypoxia from any cause
U - Uremia/Renal failure

D - Drugs excess/withdrawal
   (dilantin, sedatives, opiates, salicylates)
I - Infection - CNS (meningitis, encephalitis...),
   Systemic
N - Nutritional - Thiamin - Wernicke's encephalopathy
   Niacin, B12
G - Glucose - Hypoglycemia/ Hyperosmolar coma Index

*COUGH: "HACKING"
H - Hilar adenopathy: Sarcoi, TB, Hodgkins...
A - Aneurysm, Asthma, Bronchospasm
   - Aspiration, Autoimmune Lung DZ
C - Congestive Heart Failure
   Cerumen Impaction
K - Killer Neoplasms
I - Infections: Viral, Bacterial,
   - TB, Fungal...Pnemonia/Bronchitis
   - Infarcted Lung - PE
   - Inhalation - occupational
N - Nasal Drip
G - Growth on vocal cord

*CRAMPS - MUSCULAR: "CRAMPS"
C - Calcium deficiency
R - Rupture of tendon, Rhabdomyolysis
A - Arterial Insufficiency, claudication
M - Magnesium deficiency, Myotonia
P - Potassium deficiency, Polymyalgia Rheumatica
S - Strain/overuse of muscle

DEMENTIA: "DEMENTIAS"
D - Drugs: Sedatives, Bromide, Narcotics, Atropine
   Dopamine decrease - Parkinson's
E - Endocrine: Hypothyroid,
   Hypoglycemia, Hyperparathyroid
M - Metabolic: Renal/Hepatic failure,
   hyponatremia
E - Emotional
N - Nutritional: Deficient Thiamin, Niacin, B12
   Normal Pressure Hydrocephalus
T - Tumor in CNS
   Trauma-subdural hematoma
   Thyroid - Myxedema
I - Infections: TB, SBE, Crypto, Herpes, AIDS,
   Syphilis, Creutzfeldt-Jakob, Mad Cow...
A - Atherosclerosis, CVA, ALS,
   Arteritis
   Alzheimer's
S - Sensory Deficit: Hearing or
   Vision loss

DIARRHEA: "DIARRHEAL"
D - Drugs: Laxatives, antibiotics, colchicine,
   digoxin,
   Diverticulitis
I - Irritable Bowel Syndrome
   Infarction of bowel
   Infection: Viral - Most common
   Bacterial - Salmonella, Shigella, Campylobacter, Yersinia, C. Difficle
   Toxin - Staph, Cholera, Botulism, E.Coli,
   Vibrio
   Protozoa - Giardia, amebiasis
   AIDS
A - Autoimmune - Ulcerative Colitis, Crohn's
   Appendicitis
R - Rapid Transit - Dumping Syndrome
R - Renal Failure
H - Hypersecretory - Zollinger Ellison
E - Endocrine - Hyperthyroid, Diabetes, Addisons
A - Absorption Problem - Pancreatic Insufficiency
L - Lesion/Neoplasm

*DISSEMINATED INTRAVASCULAR COAGULATION: "D.I.C.s"
D - Disseminated Infection/Sepsis
I - Intrauterine Pregnancy: Toxemia, Abruptio, Dead fetus
C - Carcinomas
S - Shock, Stroke (Heat) Index

*DYSPNEA - SHORTNESS OF BREATH: "ACUTE DYSPNEA"
A - Asthma - Airway obstruction
   Angioneurotic Edema
   Aspiration, Altitude sickness
C - COPD
   Carbon Monoxide toxicity
U - Upper Motor Neuron Lesion or Event
T - Tracheal Obstruction, Tamponade
E - Endocrine: Hyperthyroid
   Environmental Inhalation

D - Deformed Chest Wall: Flail Chest, Y - Hyperventilation syndrome
S - Sarcoïd, Shock
P - 5 P's of Pleuritic Pain:
   Pericarditis,
   Pulmonary Embolus,
   Pneumomediastinum
   Pleurisy/pneumonia,
   Pneumothorax

N - Neoplasm
E - Edema/Pulmonary: Cardiac and
   Non-cardiac
A - Anemia
   Acidosis: DKA, AKA, Salicylism Index

*EAR ACHE: "OTITIS"
O - Other referred pain: parotid, tooth, lymphadenitis
T - TM Joint
I - Infection: Otitis Media/Externa, Bullous Myringitis
T - Trauma: Q-Tip, Blunt injury
I - Impaction: Cerumen, Insect, Foreign Body
S - Syndrome, Ramsey Hunt facial neuralgia Index

*EYE INFLAMATION - RED EYE: "IRITIS"
I - Increased Pressure: Acute closed angle glaucoma
R - Reduced Tears: Keratoconjunctivitis Sicca
I - Iritis, Iridocyclitis
T - Trauma: Entropion, abrasion, foreign body
I - Infection: Conjunctivitis - Bacterial, viral, allergic, irritative,
   chemical, autoimmune
S - Scleritis/Episcleritis
   Subconjunctival hemorrhage Index

*HEADACHE: "VINT HEENT"
V - VASCULAR:
   Migraine, Cluster, CVA, TIA, AVM, Temporal Arteritis, SABleed, hypertension,
I - INFECTION: CNS -
  Meningitis, Abcess, Encephalitis
  SYSTEMIC- Viral syndrome
- INCREASED INTRACRANIAL PRESSURE:
  Pseudotumor Cerebri
N - NEOPLASM: Tumor,Mets
T - TRAUMA: Subdural Hematoma
  TENSION: Most common HA cause
  TOXIN: Carbon Monoxide Toxicity
  TAP: post lumbar puncture

H - HEAD: Neuralgia, C - Spine Disease, Scalp Lesions
E - EYE: Acute Closed Angle Glaucoma, Strain
E - EAR: Otitis, Mastoiditis
N - NOSE: Sinusitis
T - TM JOINT: TMJ syndrome
  THROAT: URI, Viral syndrome, Bacterial pharyngitis...
  TOOTHACHE
  TAP- Post LP tap

*HEMATURIA: "POPS GOT HEMATURIA"
P - Papillary necrosis,
  Polyarteritis nodosa,
O - Osler-Weber-Randu
P - Prostatitis
S - Stricture
  Sickle Cell Disease or Trait

G - Glomerulonephritis
  Goodpasture's Syndrome
O - Other Source such as Menstrual Blood
T - Tumor: Bladder, Kidney, Prostate

H - Hemorrhagic Cystitis
E - Exercise, Endocarditis
M - Medication - Analgesics
  Malignant Hypertension
A - Autoimmune Disease: SLE, Polyarteritis
T - Trauma to GU Tract
U - Urethritis
R - Renal Calculi
I - Infarction: SBE, Sickle Cell, ITP, TTP
A - Allergic Nephropathies: Henoch - Scholein Purpura

*HEMOPTYSIS : "HEMOPTYSIS"
H - Hereditary hemorrhagic telangiectasia
E - Epistaxis
M - Mitral stenosis
O - Oropharyngeal lesion
P - Pulmonary Embolus,
  Pulmonary Edema
  Pulmonary hypertension
T - Tumors, carcinomas
Y - CYstic Fibrosis
S - Sequestration
I - Infection - Bronchitis, Bronchiectasis, fungus, abscess, pneumonia, TB
S - Swallowed foreign body

*HICCUPS (PROLONGED): "HICCUPS"
H - Hilar Adenopathy
I - Intake of excessive Alcohol Smoke
C - Cardiac: Inferior MI
C - Carcinoma
U - Upper Motor Neuron Lesion
P - Pneumonia
S - Subdiaphragmatic Irritation

*HOARSENESS (PROLONGED): "HOARSENESS"
H - Hilar Adenopathy: TB, Sarcoid
O - Occupational: Singer...
A - Aneurysm
R - Rheumatoid Arthritis
S - SLE Ulceration
E - Edema of the Vocal Cords
N - Neoplasm of the Vocal Cords or lung
E - Endocrine: Hypothyroid
S - Sjogrens: Salivary Deficiency
S - Syphilitic/TB Ulcer on cords

*HYPERCALCEMIA: "CALCEMIAS"
C - Carcinoma
A - Antacids containing Calcium
L - Lymphoma, Leukemia, Hodgkin's, Low phosphate
C - Calcium Supplements
E - Endocrine: Hyperparathyroid, Thyroid disease hyperthyroid
M - Multiple Myeloma
Metstatic Lesions to Bone
Milk-alkali syndrome
I - Iatrogenic: Thiazide Diuretics, Vitamin D
A - Addison's Disease, Acromegaly
S - Sarcoid

*HYPERTENSION "PRESSURE"
P - Pheochromocytoma;
Polycythemia,
Pre-eclampsia/Eclampsia
R - Renovascular (7%)
E - Endocrine: Hyperthyroid,
Cushing, Aldosteronism,
Hyperparathyroid
S - Substances: Estrogens (BSP),
Caffeine, Cocaine,
sympathomimetics, ETOH withdrawal
S - Structural: Coarctation, AI,
Arteriosclerosis
U - Upper Motor Neuron Problem:
Elevated intracranial pressure
R - Renoparenchymal (0.5%):
Glomerulonephritis, Diabetic nephropathy
E - Essential: 90% of hypertension
   Error in cuff size

*JAUNDICE: "HOT THINED SAP"
   Pre Liver
   H - Hemolytic process
   O - Other - Idiopathic
   T - Transport problem:
      Gilbert's Syndrome,
      Crigler Najjar Syndrome

   Liver
   T - Toxin: Alcohol, carbon tetrachloride..
   H - Hereditary: Dubin Johnson, Roter Syndrome
   I - Infection: Viral - A,B,C,D, E, Mono, CMV Toxo, Syphilis, Ameba
   N - Neoplasm: Hepatoma, Mets
   E - End Stage Liver disease: Cirrhosis
   D - Drugs: INH, Halothane, Estrogens, NSAIDS, Acetaminophen, PTU, Sulfas
      Post- Liver
   S - Stones: Gall stones, Sclerosing cholangitis
   A - Atresia
   P - Pancreatic neoplasm/inflammation

*Lymphadenopathy:"LYMPHNODES"
   L - Lues: secondary syphilis
   Y - Yersinia Pestis (Plague)
   M - Mononucleosis/CMV/Toxo
   P - Procainamide (Pronestyl), Phenytoin (Dilantin)
   H - Hodgkin's, Lymphomas, leukemia
   N - Neoplasm metastasis
   O - Obvious local infection or inflammation
   Other infections: Hepatitis B, Rubella,
      Tularemia, Cat scratch
   D - Deficient Immune System AIDS or
      preAIDS lymphadenopathy
   E - Endocrine - Addisons, Hypothyroid
   S - SLE/Rheumatoid arthritis
      - Serum sickness
      - Sarcoid

*Metabolic Acidosis with a high Anion GAP "KUSSMAL"
   K - Ketoacidosis, DKA
   U - Uremia
   S - Salicylates
   S - Substance Abuse (Ethylene Glycol)
   M - Methanol
   A - Alcohol, AKA
   L - Lactic Acidosis (Shock, Seizure, AMI, Sepsis)

*Nasal Congestion: "Nose Hairs"
   N - Neoplasm
   O - Over-reactive mucosa
      -vasomotor rhinitis
   S - Structural: Polyps, Deviated septum
E - Estrogens: Oral contraceptives, Pregnancy

H - Hypothyroidism
A - Allergic rhinitis
I - Infection: Bacterial, Viral, Fungal
R - Rhinitis Medicamentosa: Rebound
From overuse of nasal spray
S - Substances: Reserpine, Aldomet,
Beta- Blockers, Aspirin

*NODULES, SUBCUTANEOUS: "NODULAR"
N - Neurofibromas
O - Osteoarthritic Heberden's nodules
D - Dupuyten's contracture nodules
U - Urate crystals in gouty tophi
L - Lipids in lipomas and xanthomas
A - Acute Rheumatic Fever
R - Rheumatoid nodules

*PALMAR RASH "PALM GREASE"
P - Psoriasis
A - Atopic Dermatitis
L - Lips: Hand - Foot - Mouth Disease
M - Meningococcemia

G - Gonococcemia
R - Rocky Mountain Spotted Fever
E - Erythema Multiforme
A - Allergic/Contact Dermatitis
S - Syphilis - Secondary Lues
E – Eczema

*PANCREATITIS
P - Postoperative, Penetrating peptic ulcer,
Parathyroidism, Pregnancy
A - Alcoholism, AIDS
N - Neoplasm of bile duct or ampulla
C - Cholelithiasis "common"
R - Renal failure
E - Estrogens, Elevated lipids

A - Antibiotics (TCN, sulfonamides)
T - Trauma
I - Idiopathic, Infection: Mumps, Viral hepatitis, Legionnaire's, Mycoplasma, Ascaris
T - Thiazides, Lasix
I - Infection: Viral mumps, mono, hepatitis
S - Scorpion bite, Shock

*PEDAL EDEMA - BILATERAL: "Can Large Legs Ruin Thin Veins"
C - Congestive Heart Failure
Constrictive Pericarditis
L - Liver: Cirrhosis, portal hypertension
L - Lymph obstruction
R - Renal: Nephrotic Syndrome
T - Thyroid: Pretibial Myxedema
V - Venous Insufficiency
*PEDAL EDEMA - UNILATERAL "BIG TOES"
B - Baker Cyst Rupture, Bleed into muscle
I - Insufficient Veins
G - Groin/Pelvic Mass Obstructing Lymph Flow
- Gout
T - Thrombophlebitis
- Trauma/Fracture/Sprain
- Tendon Rupture - Plantaris Longus or Achilles tendon
O - Osteomyelitis/Cellulitis
E - Elephantiasis - Lymph obstruction
S - Sting/Allergic Reaction to contact or bite

*PERICARDITIS "PERICARDITIS"
P - Post Traumatic
E - Endocrine: Hypothyroid
R - Renal Failure
I - Infection: TB, Viral, Fungal, AIDS, Bacterial
C - Collagen Vascular Disease (SLE, RA)
A - Aneurysm
R - Rheumatic Fever- Radiation
D - Drugs: Hydralazine, Minoxidil, Procainamide
I - Infarction - AMI
TI - Tumor Invasion
S - Syphilis, Scleroderma, Serum Sickness

*PHARYNGITIS: "THROAT PAIN"
T - Thyroiditis
H - Herpangina, Hodgkin's
R - Retropharyngeal abscess
O - Oral ulcers: Aphthous, Syphilis, TB, Herpes
A - Angioneurotic edema
T - Toothache/abscess

P - Peritonsillar abscess
A - Angina: Vincent's, Ludwigs
I - Infection: Bacterial -
    Streptococcus (Group B and G), GC
    H FLU, Mycoplasma, Diphtheria
    Viral-Mono, CMV, Herpes, Influenza, HIV/AIDS...
    Fungal - Candida (Immunosupression)
    Other - Syphilis, Chlamydia, Toxic shock
N - Neoplasm

*PLEURITIC CHEST PAIN: "5 Ps"
P - Pneumothorax
P - Pleurisy from Pneumonia,
    Infarction, Inflammation
P - Pulmonary Embolus/Infarction
P - Pneumomediastinum
P – Pericarditis

*PRURITIS: "ITCHING"
I - Insulin Deficiency: Diabetes
T - Thyroid: Hyper or Hypo
C - Conjugated Bilirubin: Jaundice
- Calcium: Hyper or Hypo
  - Hodgkins, Leukemia, Lymphoma
  - Heat: Dry skin, Hyperthyroidism
  - Hookworm
  - Increased RBC's: Polycythemia Vera
  - Intrauterine Pregnancy
  - Non Organic: Neurodermatitis, Anxiety, Drugs

- Glomerular Disease: Uremia

SEIZURES "GRAND MALS"
- G - Glucose too low
- R - Rising Blood Pressure, Toxemia - Eclampsia
  - Rye's syndrome, Renal failure
- A - Alcohol Withdrawal
- N - Neoplasm, Primary or Mets
  - Neurological Infections - meningitis
- D - Drugs, Overdose or withdrawal
- M - Metabolic: Hepatic/Renal Failure, Hypothyroid
- A - Arterial Disease: CVA, AVM, TIA, Aortic Dissection, Arrhythmia
- L - Lytes: Hypo Na, Ca, Mg
- S - Subdural Hematoma
- Subarachnoid Bleed

*SHOCK: "AMS" and "CRASH"
- A - Acute neurologic event/trauma (brain injury)
- M - Metabolic/toxic cause (brain insulted from blood born toxin, infection, chemistry imbalance.
- S - Shock - Mnemonic "CRASH"
  - (brain is not receiving blood)
  - C - Cardiogenic
  - R - Rapid blood or water loss
  - A - Anaphylaxis
  - S - Septic

*SHOULDER PAIN "CAPSULITIS"
- C - Cuff Problem - Rotator Cuff rupture
- A - Arthritis (see Differential Diagnosis)
  - Avascular Necrosis (Sickle Cell)
- P - Plexus Problems - Brachial Plexus
- S - Spondylitis - DJD Cervical Spine with Nerve Root irritation
- U - Under Diaphragm Irritation: Free Air, Blood, Pancreatitis, Spleen, Cholecystitis, Peritonitis
- L - Lung Causes: Pancoast Tumor, PE, Pulmonary Infarction
- I - Ischemia - Cardiac referred.
  - Arteritis, Atherosclerosis
- T - Tendonitis/Bursitis
  - Trauma
  - Thoracic Outlet Syndrome
- I - Inflamed Soft Tissues: Fibrositis
- S - Spinal Cord Lesion/Tumor
*SIADH “SIADH” (URINE OSMO/SODIUM INCREASED)(SERUM OSMO/SODIUM DECREASED)
S - Surgery Post Op
I - Infection: CNS - meningitis,
    Lung - TB, Fungal, Bacterial
A - Anti - Diuretic Hormone Producing
    Tumor
D - Drugs: Narcotics, Diuretics...
H - Head Lesion CNS trauma, tumor, CVA

*SICKLE CELL DISEASE COMPLICATIONS: "HBSS PAIN CRISIS"
H - Hemolysis, Hand - Foot syndrome
B - Bone Marrow Hyperplasia/Infarction
S - Skin ulcers (primarily leg)
S - Stroke: Sub Arrachnoid Bleeds/Thrombotic
P - Pain Crisis, Priapism, Psychosocial Problems
A - Aplastic Crisis, Anemia,
    Avascular Necrosis
I - Infections: CNS, Bone, Joints, GU, Pulmonary
N - Narcotic side effects/ tolerance/ dependence
C - Cholelithiasis, Cardiomegally,
    Congestive Heart Failure
R - Retinopathy, Renal Failure,
    Renal concentrating Defect
I - Infarction: Bone, Muscle, CNS,
    Bowel, Renal, Spleen
S - Sequestration Crisis: Spleen/Liver
I - Infertility
S - Sepsis

STRIDOR “GASPER
G – Glottic blockage: food or foreign body
A – Angioneurotic Edema
S – Sub Glottic lesion nodule or neoplasm
P – Peritonsilar Abscess
E – Epiglottis
R- Retropharyngeal Abscess

SYNCOPE – “SYNCOPAL FAINT”
S- Seizure
Y – hYperventilation, hYsteria
N – Neuropathy (Diabetic)
C – Cardiac : Arrythmia, MI, IHSS, AS, Pump failure
O- Orthostatic syncope
P – Pedal Pooling from venous insufficiency
A – Arterial insufficiency
L- Low Blood Volume: Bleeding, dehydration

F- Fainting – Vasovagal
A – Adrenal Insufficiency (Addisons Disease)
I – Iatrogenic from Medications
N – Nutritional (Not eating, hypoglycemia)
T – Toxin: alcohol and others
*URINARY FREQUENCY "VOIDED"
V - Vaginitis irritating urethra
O - Obstruction: Prostate, Bladder Stone, Cystocele
   Osmotic Particles: Protein
I - Intrauterine Pregnancy
   - Infection in Urethra, Bladder, Kidney, Appendix
D - Diabetes: Mellitus or Insipidus
E - Electrolytes: Hyper K, Ca, Na
D - Drugs: Caffeine, Diuretics... - Drinking Excessive Fluids
   Index

*VAGINITIS: "VAG ITCH"
V - Vaginal irritant: Spermicide, douche, tampon, non-cotton clothing
A - Atrophic vaginitis from estrogen deficiency
G - Gardnerella (Clue cells) Gonococcus
I - Infection: PID, Salpingitis Infestation: Lice...
T - Trichomonas
C - Candida, Carcinoma, Chlamydia
H – Herpes
   Index

*VERTIGO: "SICK SPIN"
S - Salycilates - aspirin toxicity also other NSAIA
I - Infection: Bacterial - otitis media Viral - labyrinthitis, Herpes,
C - Cerebellar tumor, TIA, infarct, degeneration
K - Klog: cerumen impaction

S - Subclavian steal, Sea sick - motion
P - Positional vertigo
I - Infrequent: Miniere's disease
N - Neuroma (Acoustic) Index

*WHEEZING: "ASTHMATIC"
A - Aneurysm
   Asthma, Bronchospasm
   Aspiration
S - Smoke or irritant inhalation
T - Thyroid enlargement causing obstruction
H - Heart Failure - Pulmonary Edema
M - Medication (Aspirin, Beta Blocker)
A - Anaphalaxis
   Angioedema
T - Tumor, Thyroid
I - Infection: Pneumonia, Bronchitis,
Infarction - Pulmonary Embolus, Sickle Cell Chest Syndrome
C - Cystic Fibrosis
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*The Medical History - Sections
Chiefly History from the Past tells your Family Social Review (CC, HPI, PMH, FH, SH, ROS)
CC = Chief Complaint in patient's own words and duration.
*HPI = History of Present Illness including the LOCATES:
   L – Location and radiation
   O - Other associated symptoms
   C - Character
   A - Alleviating and aggravating factors
T – Timing, constant/intermittent, happened in past
E - Environment or setting
S - Severity or disability (0 - 10 scale)

*PMH = Past Medical History: A HISTORY:
A - Allergies,
H - Hospitalizations,
I – Illnesses /major - Immunizations,
S - Surgeries,
T- Trauma,
O - Oral medications,
R - Reproductive history, contraception
Y - Youth illnesses.

* FH = Family History - Pedigree, genetic diseases, household contacts. Cover family history of cancer , diabetes, heart disease, hypertension, anemia, arthritis

*SH = Social History: FLAMES
F - Family, Food
L - Lifestyle
A - Abuse of substances and of the body
M - Marital or significant other relationships.
E - Employment ,
S - Support Systems: home life, friends, family, Religion
Sexual and or Spiritual history if appropriate

*ROS  Review of Systems:
General Endo-Head Loves Brass, Crass And Gas to Pass Near the Mass.
GEN = General and skin: Weight change, fever/chills, night sweats, Skin rash, itching, mole change, skin cancer, abnormal bleeding or bruising, anemia, pica, HIV risk factors, lymphadenopathy, fatigue,
EN = Endocrine: Hot/cold intolerance, thyroid goiter, nodules or radiation, diabetes, increased thirst or appetite
HE = Head - pain, Ear- pain, tinnitus, hearing loss, vertigo, Eye – pain, vision change, glaucoma, redness, excessive tearing/ discharge, cataracts Nose - sinusitis, epistaxis, blockage, Throat/Mouth-pharyngitis, hoarseness, postnasal drip, Teeth – cavities, abscess, Gums- Bleeding, lesions
LU = Lung : dyspnea, cough, sputum production , hemoptysis, wheezing, TB, PPD, CXR, pneumonia, asthma, bronchitis, smoking, environmental inhalation
BR = Breast: nodule, discharge, chest wall or breast pain – tenderness, self exam
CV = Cardiovascular : Exercise level, orthopnea, PND – paroxysmal nocturnal dyspnea, DOE- dyspnea on exertion, chest pain or discomfort, palpitations, syncope, edema, claudication, CV drugs, hypertension, DVT – blood clots, past heart disease. Rheumatic fever, family history heart disease/clotting.
AB = Abdominal : nausea, vomiting, hematemesis, dysphagia, indigestion, heartburn/ dyspepsia/GERD, abdominal pain, swelling, jaundice, hematochezia, melena, change in stool caliber, diarrhea, constipation, hernias, hemorrhoids, peptic ulcer disease /PUD, surgery, gallbladder disease, pancreatitis, liver disease, hepatitis, alcohol intake.
GU = Genitourinary: urinary frequency, urgency, dysuria, nocturia, hematuria, flow, hesitancy, incontinence, urethral discharge, genital lesions, STD sexually transmitted diseases, UTIs, stones, flank pain, family history renal disease.
Males: prostate, testicular mass/pain, erectile dysfunction; Females: age at menarche/ menopause, LMP, amount and duration of flow, pelvic pain, vaginal discharge, abnormal bleeding, amenorrhea, pelvic mass, pregnancies. Both: birth control method, sexual history.
PSY = Psychiatric: previous psych problems or hospitalizations, interpersonal relationships, mood swings, anxiety/nervousness, depression, hallucinations, loss of control, vegetative dysfunction (sleep, eating, pleasure activities), substance abuse, suicidal thoughts and plans
NE = Neurologic: Headaches, seizures, episodic neurologic symptoms (talking, walking, seeing..)
impaired speech, paresthesias, weakness, head trauma, stroke, dizziness, tremor, confusion, memory loss, gait problems

**MS** = Musculoskeletal: joint pain/arthritis, stiffness, swelling, muscle cramps, family history.

**ANGER**

A - acknowledge and apologize
   (*"I'm sorry you feel angry about this")

N - no negative responses
G - gather the facts - hear person out
E - empathize
R - resolve what you can

*ANXIOUS - The Patient with Fear

A - Acknowledge fear as the emotion seen
F - Face the object feared
R - Real or Imagined fears
A - Allow the patient to vent fears
I - Infuse with knowledge
D - Develop plan together to address fears

*DEPRESSED PATIENT-SYMPOTMS

F - Flat Affect
L - Low love life
A - Apathy
T - Tired

L - Low Self Esteem
I - Insomnia
N - No fun in life
E - Eating Disorders

*TO HELP DEPRESSION

G - good things in life
R - restore hope
A - acknowledge depression
S - suicidal thoughts and plans
P - plan for support

*DEMANDING - DEPENDANT - MANIPULATIVE

R - reflect back patient responsibilities
E - empathize
F - find out any hidden agendas
L - limit personal involvement
E - expectations must be clear
C - calm yourself
T - time constraints on interview
S - staff splitting is common

**RAMBLING – “LOST”**

L - Limit Time
O - Observe the main reason for the visit
S - Stop the wrong direction gently
T - Take conversation back on track

*RETICENT (Quiet or Shy) PATIENT*
O - Open ended questions
P - Pointed questions
E - Encourage talking
N - Notice secondary causes: depression, dementia, denial

*Setting the Stage: KNOCKS PRIVATELY
K - Knock on the door - do not barge in
N - Never uses titles like "honey" or "sweetie"; use respectful sir titles like Mr., Ms....
O - Open ended questions to start with: "What can I do for you?"
C - Comfort; ask if you can make them more comfortable
K - Keep quiet after asking the main question. Let them respond for at least 2 minutes.
S - Space between bodies. Maintain proper Body Space

P - Privacy. Interview in private if possible, or a look of privacy
R - Read the chart ahead of time. Learn about the individual if you can.
I - Introduction - Introduce yourself and shake hands
V - Voice tone and inflection are important
A - Ask about family, hobbies, or interests as an ice breaker and a show of concern
T - Titles - Use the appropriate sir title for the patient and not first name
E - Eye level, be at eye level
L - Look the part, be professional
Y - Your role on the health care team

*Facilitation - I CAN KEEP INTEREST GOING.
I - "I'm listening"

C - Confrontation - You say you don't know what brings on these headaches, yet before every episode you describe a stressful event."
A - Ask for clarification "What do you mean by dizziness"
N - No Shopping list questions are banned, like "do you have nausea, vomiting or diarrhea?"

K - Keep Quiet, do not interrupt, use silence to keep the patient talking
E - Empathize: " I understand why you felt that way".
E - Eye contact
P - Phrase repetition; repeat the last phrase back to the patient

I - Interpretation - you interpret your patient's words or behavior, "You say you're not angry, but your words express anger."
N - Nod in approval
T - "Tell me more"
E - Energize the conversation with hand gestures and face animation.
R - Reflection. Repetition of the last statement
E - Encourage continuation with "Ah ha, Hmmm...." 
S - Summarize the conversation back to the individual "Let me repeat your history to see if I have it right."
T - Take notes sparingly

G - Glad you came; legitimize the visit
O - Open ended questions first
I - Involve the patient's ideas about what is going on, "What do you think?"
N - No leading questions, "You don't have chest pain, do you?"
G - "Go on" Index

*Giving Bad News: "STOP AND PRAY"
S. Setting the Stage a. Privacy, schedule time, empathy and provide for comfort.
   b. Ask patient who they want to be with them, ask permission.
c. Approach as “we’ve got some decisions to make”
d. Eye contact, speak slowly, clearly, no medical jargon.

T. Test the patient’s knowledge up to that point.
O. Oppositions: Is the patient in pain, tired or under medications?
P. Patient education tools with patient reflection to show understanding.
A. Acknowledge and validate patient emotions and reactions.
N. Never take HOPE away

D. Define Support Systems
   D. Describe unknown support systems:
      Hospice, counselors, clergy....
P. Pray: If you are of like faith, offer to pray for the patient. Prayer keeps hope alive
R. Referrals and follow-up. Make close follow-up appointments
   Make consultations and referrals to consultants who will support patient
   Let patient know how to reach you (via service or office) Call them at home to support them. Call if questions
A. Alternatives for treatment, study protocols...Medline or Internet resources (NIH, NCI....) Warnings about alternative treatments. Patients on study do better
Y. Your mental health
   You need to be comfortable with your mortality. Have a healthy way to vent
   Know how to recognize and prevent burn-out Have a good life - remember what is really important.

Index

Thanks to the “Great Physician”:
J. Justifies
E. Everyone
S. Seeking
U. Undeserved
S. Salvation (Eternal life, healing, health, deliverance, peace, and provision)