



## Cardiovascular System

### - Cardiac Patient -

- Cardiovascular disease (CVD) is the leading cause of death in industrialised countries.
- The first questions will be about any **chest pain**.

### Chest Pain: A Medical Consultation"

D: Good morning, Kate. Come in and have a seat.

P: Thank you, Doctor Pearson.

D: What can I do for you today, Kate?

P: Last night, in bed, I had a terrible pain in my chest. I thought I was going to die!

D: Can you show me where your pain was?

P: Here, on my left side.

D: Can you describe the pain?

P: It was squeezing and crushing as if someone was lying on my chest!

D: And how long did it last?

P: At least 20 minutes!

D: I see. Did the pain go anywhere else?

P: No, not really but I also had some indigestion.

D: Did you have any nausea or vomiting?

P: Yes, I throw up a couple of times.

D: Were you short of breath?

P: Yes, I felt I could not breathe.

D: And did you feel dizzy?

P: Yes everything was turning around me.

D: Did you notice you were sweating?

P: Yes some cold sweats.

D: Any buzzing in your ears?

P: No.

D: Do you smoke, Kate?

P: I used to but I stopped a couple of years ago.

D: Do you exercise on a regular basis?

P: No, I don't do any sports. With my job as journalist I don't have the time to go to the gym.

D: What type of food do you eat?

P: You know, Doctor Person, I'm a vegan. I don't eat meat products.

D: Are you on the pill, Kate?

P: No, not at the moment.

D: Is this the first time you've had this type of pain?

P: Yes, Doctor.

D: Do you sometimes feel your heart skips a beat?

P: Yes, I do. It usually occurs when I'm hungry or stressed.

D: Is there any heart disease running in your family?

P: My grand-father on my dad's side died of heart attack when I was young.

D: How old was he when he died?

P: About 60 years old.

D: Are you stressed at the moment, Kate?

P: Yes. It's been really hard at work lately.

D: Right, Kate. I think, at this stage, I'm going to have to examine you. Could you hope on the table examining table and roll up your sleeve for me, please? I'm going to check your blood pressure... 110 over 80. Your pressure is normal.

I'm going to take your pulse...80 per minute. That's perfect.

I'm going to listen to your heart. Could you slip off your shirt for me, please? Good. It sounds normal...I cannot see anything wrong but just to be on the safe side, I'm going to run an ECG.

P: Is it painful?

D: No, it is a painless procedure. It measures the electrical impulse of your heart to see if there are any abnormalities. I'm going to place electrodes on your chest, your arms and your legs with wires attached to the ECG machine.

P: Ok, Doctor.

## Exercise

## I

Here is the report of a general practitioner (GP) for a referent, a medical specialist. In English, ask at least **10 questions** to obtain information about the patient's identity and condition using the underlined information.

### Clinical details

Date

Urgent

Dear Dr Hennaoui

I would be grateful if you could give me your opinion and advice with regard to Mr/Mrs/Miss: HENDERSON, John

Although the patient, who is a salesman, is relatively young, 45 years old, he had a severe attack of central chest pain six month ago which lasted 10 minutes and was, however, relieved by rest. This has recurred several times after exertion. His father died aged 55 of a coronary thrombosis. Physical examination was normal and, therefore, I refer him to you for further assessment in view of his age, occupation and unhealthy lifestyle.

**Diagnosis :** angina pectoris

Thank you for seeing him.

Kind regards,

Dr. P. M.LAHBIB