Learner Instructions

Patient's Name: Wendy Allen
Age: 40 year-old female
Setting: ED
Primary vs. Sign-Out Patient: Primary

Initial Chief Complaint on arrival to the ED:
Chest pain

Patient Information:

40-year-old female without significant PMH or Fhx presents to the ED for an episode of chest pain while climbing-up a flight of stairs. Her symptoms resolved upon arrival to the ED.

Her vital signs and physical exam over the course of the evaluation are as follows:

Vital signs:

Initial Triage Vitals:	HR 70 BP 120/70 mmHg RR 18 Sat 100% RA T 98.8 F (oral)
Current Vitals:	HR 68 BP 116/68 mmHg RR 16 Sat 100% RA T 98.6 F (oral)

Exam (abnormal findings bolded):

General: Well-developed, well-nourished female resting comfortably in no acute distress.
HEENT: Normocephalic, atraumatic, no conjunctival injection or pallor, sclera non-icteric, PERRLA, nasal mucosa pink, moist mucous membranes, oropharynx without evidence of erythema, tonsillar enlargement or exudates.
Neck: No cervical lymphadenopathy, no thyromegaly, or mass.
Cardiovascular: No jugular venous distension, regular rhythm, normal S1 and S2, no murmurs, rubs, or gallops. Radial and DP pulses 2+ bilaterally. No edema.
Pulmonary: Thorax is symmetric without increase in anteroposterior diameter. Lungs clear to auscultation, no rales, wheezes, rhonchi, or rubs.
Abdomen: Flat, no hepatosplenomegaly, soft, non-tender to palpation in all quadrants.
Musculoskeletal: full range of motion in al joints, no evidence of swelling or deformity.
Neuro: Alert and oriented x 3. CNs II – XII symmetric, sensation to light touch grossly intact, 5/5 strength in all extremities. Gait steady without evidence of ataxia.
Psych: Affect full range. Speech is fluent, no SI or HI.

The results of her initial diagnostic work-up are indicated here (results outside reference range are bolded):

CBC			**CHEMISTRY**		
WBC	7.4	(3.5-10.5)	SODIUM	139	(135-148)
RBC	5.01	(4.2-5.8)	POTASSIUM	3.4	(3.5-5)
HEMOGLOBIN	13.4	(13.0-17.5)	CHLORIDE	108	(95-108)
HCT	40.2	(38.0-50)	BICARB	24	(24-32)
MCV	88	(80-99)	BUN	18	(0-20)
MCH	30	(27-34)	CREATININE	0.8	(0-1.7)
MCHC	34.2	(33-35.5)	GLUCOSE	89	(65-110)
RDW	14.8	(11-15)	CALCIUM	9.2	(8.5-10.5)
PLATELET	192	(140-390)			
			TROPONIN	0.01	(0.00-0.03)
			*TROPONIN (X2)	0.01	(0.00-0.03)
			D-DIMER	<150	(0-243)

***Troponin (X2)** represents the second troponin result two hours after the initial lab draw

ECG: NORMAL SINUS RHYTHM. NORMAL ECG:

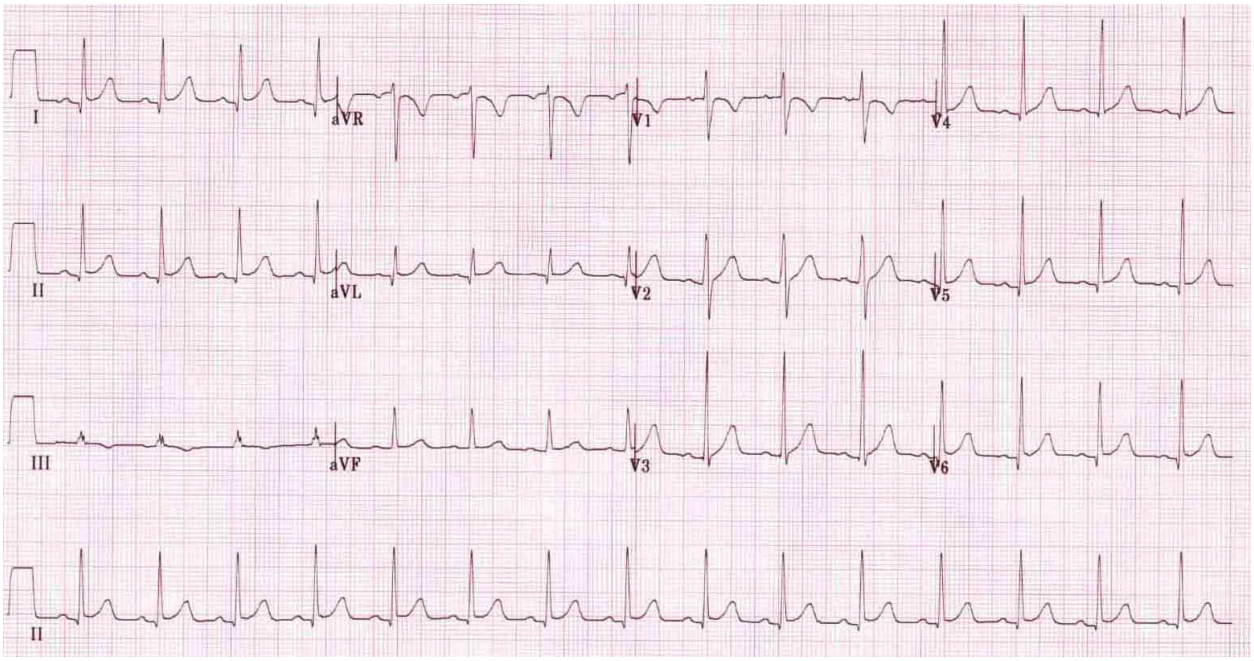

Image source: https://www.flickr.com/photos/popfossa/3992553488

CXR: THERE ARE NO CARDIOPULMONARY ABNORMALITIES. NORMAL CXR

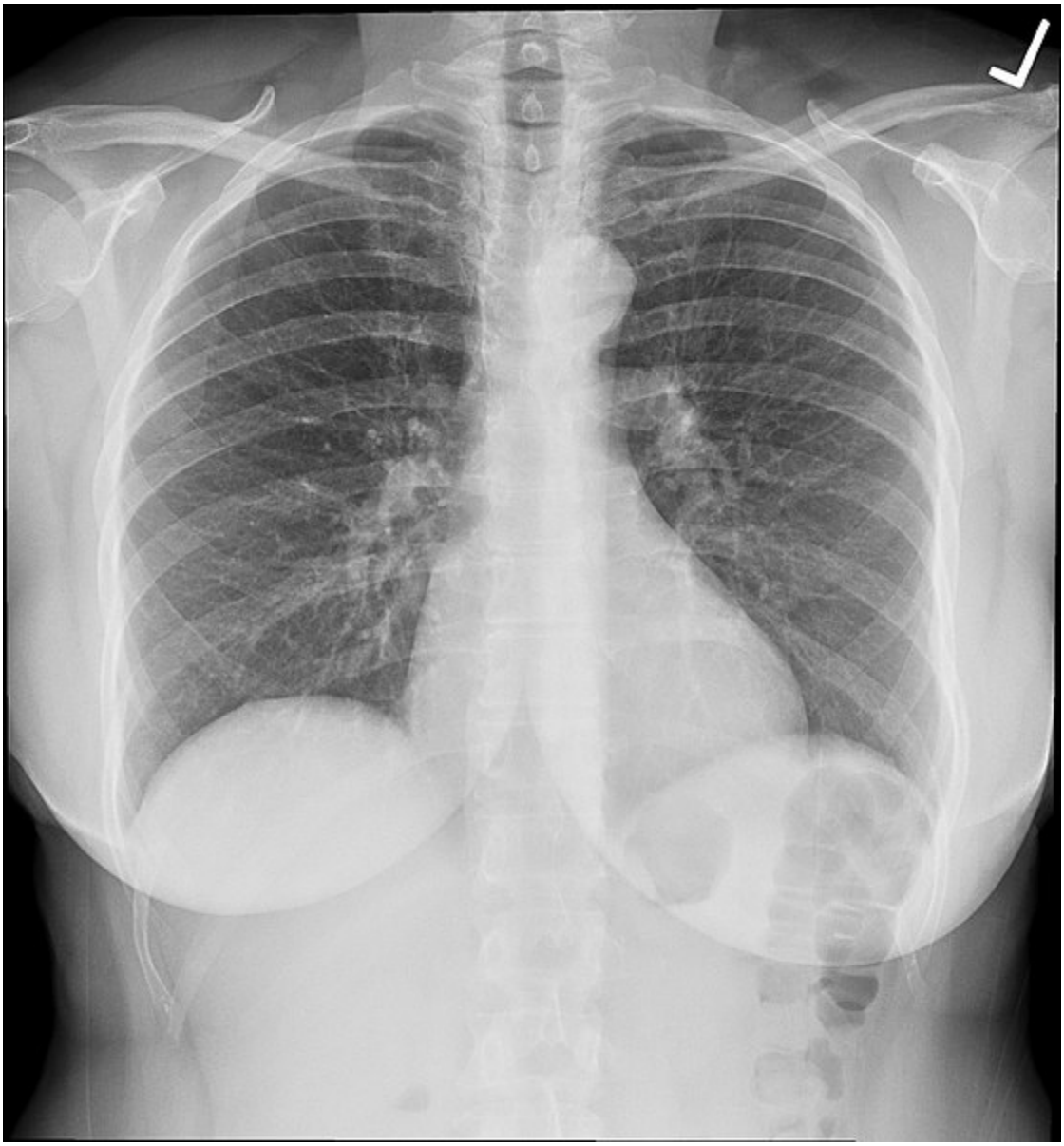

Image source: https://commons.wikimedia.org/wiki/File:Chest_x-ray_plain_film_normal.jpg

The plan was to discharge the patient if there were no noted abnormalities on the repeat troponin and if she continued to be chest pain free.

Repeat troponins were performed, and the results are included. The patient had no outstanding issues and is waiting to talk to you regarding her results.

Your Task:

1. Reassess and the update

2. Discharge the patient from the Emergency Department.
3. This simulation is focused on communication. This case is not an assessment of your medical decision making. You do not need to order additional emergency department tests or admit this patient.
4. When you are finished, you can tell her that the nurse will be in shortly to give her paperwork and take out her IV