

SHORTNESS OF BREATH

Introduce yourself , take permission
Patient profile (name , age , occupation , marital status, adress)
Chief complaint + duration
HOPI: Analysis of the Chief Complaint (OPERATS)
Onset (Sudden or gradual) Instantaneous, hours, insidious. Previous Episodes Exacerbating, Relieving: a) Rest over night?? (COPD, HF, Asthma). b) Exercise and the relation if it is present? (Limit exercise or at end of it) c) Cough sputum d) Cold air Timing (course, pattern): Episodic with free interval (asthma)/Constant Get worse or better with time? Severity effect on life: How can you walk? And the things that makes you SOB.
Associated symptoms I. Constitutional Fever, weight loss, night sweat, loss of appetite. II. CVS: Chest pain, Orthopnea, PND, Ankle swelling, SOB, Palpitation, intermittent claudication. III. RS: a) Cough and sputum → <u>Pneumonia</u> b) Hemoptysis → Pneumonia, <u>PE</u> c) Cyanosis → <u>PE</u> d) Wheeze IV. GI: Nausea, vomiting, Heart burn, regurgitation, Abdominal pain, Jaundice. V. MSS: Skin rash, Joint pain, Muscle wasting, lymphadenopathy. VI. Psychological: anxiety, perioral and digital paresthesia, light headedness, can't get enough air in. VII. Anemia: Pallor, dizziness , fatigue.
Past medical and surgical: Hx of respiratory and cardiac disease (HTN/ HF/ Hyperlipidemia/ Arrhythmias), DM, Stroke, previous DVT, Hx of blood transfusion . Any surgeries or trauma or any source of immobility.
Drug Hx what he is taking (Aspirin , B-Blocker, CCB, inhaler) , any recent change , adherence to medications)
Family Hx asthma , atopy , hay fever , eczema, Lung cancer , IHD
Social Hx: Smoking history (# of pack years), alcohol, travel history (Recently), recreational drugs, contact with sick patient, house ventilation, pets.
Review of systems: (GU, search for malignanciesetc.).

(DDX: **All respiratory and cardiac diseases**, **Anemia**, **Psychogenic**) + (MSS chest trauma and costocondritis, neurogenic myasthenia gravis GBS, GIT liver ds and pancreatitis).

But most common cases in hospital are (Decompensated HF (Acute pulmonary edema), Acute exacerbation or asthma or COPD, PE, Pneumonia, Anemia).

****Investigations:**

1. **CXR** → Pneumonia, Pulmonary edema, Asthma, COPD
2. **Spirometry** → Asthma, COPD, RLD
3. **CT-angiography and D-dimer** → PE
4. **CBC** → Anemia



7.6 Breathlessness: modes of onset, duration and progression

Minutes	
<ul style="list-style-type: none"> Pulmonary thromboembolism Pneumothorax 	<ul style="list-style-type: none"> Asthma Inhaled foreign body Acute left ventricular failure
Hours to days	
<ul style="list-style-type: none"> Pneumonia Asthma 	<ul style="list-style-type: none"> Exacerbation of COPD
Weeks to months	
<ul style="list-style-type: none"> Anaemia Pleural effusion 	<ul style="list-style-type: none"> Respiratory neuromuscular disorders
Months to years	
<ul style="list-style-type: none"> COPD Pulmonary fibrosis 	<ul style="list-style-type: none"> Pulmonary tuberculosis

Grade	Degree of breathlessness related to activities
1	Not troubled by breathlessness except on strenuous exercise
2	Shortness of breath when hurrying on the level or walking up a slight hill
3	Walks slower than most people on the level, stops after a mile or so, or stops after 15 minutes walking at own pace
4	Stops for breath after walking about 100 yds or after a few minutes on level ground
5	Too breathless to leave the house, or breathless when undressing



7.5 Causes of breathlessness

Non-cardiorespiratory	
<ul style="list-style-type: none"> Anaemia Metabolic acidosis Obesity 	<ul style="list-style-type: none"> Psychogenic Neurogenic
Cardiac	
<ul style="list-style-type: none"> Left ventricular failure Mitral valve disease Cardiomyopathy 	<ul style="list-style-type: none"> Constrictive pericarditis Pericardial effusion
Respiratory	
Airways <ul style="list-style-type: none"> Laryngeal tumour Foreign body Asthma COPD Bronchiectasis Lung cancer Bronchiolitis Cystic fibrosis Parenchyma <ul style="list-style-type: none"> Pulmonary fibrosis Alveolitis Sarcoidosis Tuberculosis Pneumonia Diffuse infections, e.g. <i>Pneumocystis jiroveci</i> pneumonia Tumour (metastatic, lymphangitis) 	Pulmonary circulation <ul style="list-style-type: none"> Pulmonary thromboembolism Pulmonary vasculitis Primary pulmonary hypertension Pleural <ul style="list-style-type: none"> Pneumothorax Effusion Diffuse pleural fibrosis Chest wall <ul style="list-style-type: none"> Kyphoscoliosis Ankylosing spondylitis Neuromuscular <ul style="list-style-type: none"> Myasthenia gravis Neuropathies Muscular dystrophies Guillain-Barré syndrome