

# Leg Swelling

Introduce yourself , take permission	
Patient profile (name , age , occupation , marital status, address)	
Chief complaint + duration	
	Analysis of the Chief Complaint
<b>Site</b> a) Extent of swelling b) Unilateral or bilateral, Other sites: Periorbital? Abdomen? Genitalia? Back? Hands?	
<b>Onset</b> (sudden or gradual) Do they progress with activity or throughout the day? Or with lying down?	
<b>Character</b> (with) a) Redness b) Hotness c) Tenderness d) itching	
<b>Associated symptoms (finish the CC analysis then ask about them ↓)</b> <b>Exacerbating, Relieving.</b> <b>Severity:</b> loss of the limb function.	<b>Associated symptoms</b>
<b>I. Unilateral Swelling</b> a) <b>DVT:</b> Limb → Redness, Hotness, Tenderness PE Symptoms → Chest pain, SOB, Hemoptysis. Risk factors → recent travel, surgery, immobility, pregnancy, OCP, previous DVTs. b) <b>Cellulitis</b> → Fever & Chills, Brown areas, Rapid progression, Ulcers. c) <b>Venous Obstruction:</b> HX of pelvic tumor, AV fistula. d) <b>Trauma.</b> e) <b>Joint disease:</b> Pain, hotness, redness, skin rash, decreased range of movement.	
<b>II. Bilateral Swelling</b> a) <b>HF</b> → Cough, Orthopnea, PND. b) <b>Liver cirrhosis</b> → Bleeding tendency, Abdominal distention. c) <b>Renal failure</b> → Frequency, Nocturia, Urine (color/smell/ amount) d) <b>Hypoproteinemia</b> → Nutrition, Malabsorption e) <b>Hypothyroidism</b> → Weight gain, Cold intolerance, Lethargy and Fatigue	
<b>Review of systems</b>	
<b>Past medical and surgical</b> Chronic illnesses (DM, HTN, Hyperlipidemia) , Allergy Past surgeries and admissions.	
<b>Drug Hx</b> NSAIDs, steroids, Ca+2 Ch. Blockers (Nifedipine, Amlodipine)	
<b>Family Hx</b> Ask about relevant conditions related to the history (thrombophilia , cancers)	
<b>Social Hx:</b> Smoking history (# of pack years), alcohol, travel history	

## \*\*Investigations:

1. Doppler U/S and D-dimer → DVT
2. Liver function test (LFT) → Liver cirrhosis
3. Kidney function test (KFT) → Renal failure
4. Thyroid function test (TFT) → Hypothyroidism
5. CBC → Cellulitis