

Leg Swelling

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