

# Epigastric pain

Introduce yourself , take permission

Patient profile (name , age , occupation , address , marital status)

Chief complaint + duration

Analysis of the Chief Complaint (**SOCRATES**)

## Site

**Onset** (sudden or gradual, progression, first time)

## Character

- Squeezing      - Sharp/stabbing      - Burning/pricking      - Dull

## Radiation

- To back  
- To Right shoulder, scapula  
- Up to chest  
- Diffuse

**Associated symptoms (finish the CC analysis then ask about them ↓)**

**Timing** (episodic or continuous)

## Exacerbating:

- Eating or fasting.  
- increased by swallowing.  
- fatty foods.  
- acidic/spicy foods/coffee.  
- Does it increase by movement or breathing?

## Relieving:

- Eating or fasting  
- Certain position (lying on one side, or leaning forward)  
- Bowel motion.  
- Drugs

**Severity** (from 0-10).

## Associated symptoms

- **GI symptoms:**
- Dysphagia, Regurgitation, heart burn, hoarseness of voice.
- Dyspepsia , N+V
- Bloating/abdominal swelling (generalized/localized)
- Early satiety
- Jaundice/ RUQP/ Steatorrhea, urine & stool changes, itching
- Bowel habit, diarrhea/constipation • Flatulence
- Melena and Hematochezia



• **Heart symptoms:** Chest pain, sweating, SOB, PND, orthopnea, ankle swelling,.

• **Respiratory symptoms:** Cough, SOB, wheeze.

**General**

• Fever, weight loss, loss of appetite, night sweat.

**Risk Factors (always ask about smoking and alcohol)**

I. PUD → Smoking, NSAIDS, Alcohol

II. Hepatitis → Alcohol, blood Transfusion, HBV infection, DM, contact with patient having Hepatitis

III. MI → Smoking, HTN, DM, Hyperlipidemia, Family Hx

IV. Cholecystitis→ Family Hx of gall bladder stones

**Review of systems**

**Past medical and surgical**

• Previous surgeries.

• Hepatitis, or history of blood transfusions, sexual intercourse, contact with jaundiced patient.

**Drug Hx:** NSAIDs, Steroids ,antacids, anticoagulant.

**Family Hx:** Ask about relevant conditions related to the history (Gastric cancer, PUD ... etc.), and any chronic diseases.

**Social Hx:** Smoking history (# of pack years), alcohol, travel history