

Weight loss

Introduce yourself , take permission
Patient profile (name , age , occupation , marital status, address)
Chief complaint + duration
Analysis of the Chief Complaint (HOPI)
a) Are you following diet program? b) How many Kg you lost? Time? c) Last time you weigh yourself , How much? d) How is appetite ? How is diet? is there any problem that prevents eating (teeth pain/odynophagia)? e) Increase in Physical activity . g) Previous episode .
Associated symptoms Malignancy → Fever, Night sweating, Palpable Lump anywhere in body. GI causes : A) Malabsorption → Abdominal pain, Abdominal distention, Diarrhea. B) IBD → Lower abdominal pain, Nausea & Vomiting, Constipation, Bloody Diarrhea . C) PUD (GU) → Epigastric pain related to food, Bloating, Melena, Upper GI bleeding. Endocrine causes : A) Hyperthyroidism → Heat intolerance, Palpitation, Increased Appetite. B) DM → Polyuria, Polydipsia, Polyphagia, Recurrent infections. C) Addison's disease → Hyperpigmentation, Orthostatic hypotension, Fatigue. Depression & Anxiety : loss of interest , change in mood , poor memory , insomnia . RS Sx: Cough, SOB, Hemoptysis (TB) Cardiac Sx: Orthopnea, PNDs, Ankle swelling. Renal disease: Oliguria, Altered mental status . Liver failure& hepatitis : jaundice , edema , bleeding tendency , abdominal distention. Anemia Sx: Pallor, Fatigue, Dizziness CTD : Arthritis , Skin rash , morning stiffness.
Review of systems
Past medical and surgical <ul style="list-style-type: none">• Previous surgeries• Chronic illnesses (DM, HTN, Hyperlipidemia) . Hx of recurrent infection (HIV)
Drug Hx & Allergy: → Thyroxin , laxatives , Metformin
Family Hx: Same condition , Chronic illness
Social Hx: Smoking history (# of pack years), alcohol , Drug abuse ,travel history .

(DDx: **Malabsorption Diseases, Hyperthyroidism, DM, Malignancy, Addison's disease, IBD, PUD , TB , Renal failure, Depression**).

**Investigations:

1. **Malabsorption** → Lower GI endoscopy.
2. **Hyperthyroidism** → TFT.
3. **DM** → Fasting blood glucose level, OGTT, HgbA1C.
4. **Addison's disease** → ACTH stimulation test.
5. **PUD** → Upper GI endoscopy.
6. **TB** → BPD, Interferon Gamma, zielh neelsen stain (culture), Chest Xray.