

**Activity 3.3.1: Medical History – Visit #2**

|  |  |  |
| --- | --- | --- |
| Patient’s Name: | Age: | Date: |
| Melissa Martin | 11 | February 12 |
| Height: | Weight: | Temperature: |
| 52 inches | 70 lbs. | 98.6°F |
| Blood Pressure: | Pulse: | Respiration Rate: |
| 100/75 | 73 bpm | 22 bpm |
| **Case History**On the last visit, it was determined that Melissa had a high probability of asthma. The patient was asked to measure her peak expiratory flow rate (PEFR) using a peak flow meter for one week. A peak flow meter is a simple device used to monitor how open your airways are. A patient blows into the device as hard as he or she can and records the value shown on the indicator. Melissa was tasked to keep a peak flow diary, recording peak flow at the same time each morning and evening. She was instructed to take three readings at each time period and record the best of the three readings. She was also asked to add any notes about particular activities each day, as well as other factors that may have influenced her breathing. **Physical Exam*** Patient’s pulse is normal. Pulse ox = 93%
* No wheezing is appreciated on this appointment.
* Patient’s glands are not swollen.
* Patient’s speech, hearing, and vision appear normal

**Patient Peak Flow Monitoring****SYMPTOMS – Use an X to show when you have symptoms**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Day1** | **Day2** | **Day3** | **Day4** | **Day5** | **Day6** | **Day7** |
|  | **AM** | **PM** | **AM** | **PM** | **AM** | **PM** | **AM** | **PM** | **AM** | **PM** | **AM** | **PM** | **AM** | **PM** |
| **Cough** |  |  | **X** |  |  | **X** | **X** |  |  |  |  | **X** | **X** | **X** |
| **Wheeze** |  |  |  |  |  |  |  |  |  |  |  | **X** | **X** |  |
| **Breathing Problems** |  |  |  |  |  | **X** |  |  |  |  |  |  |  |  |

Day 3 – Dance class at night after school/Mild coughing and chest tightness during classDay 6 – Stayed up late studying for a test/woke 2-3 times during the nightDay 7 – Colder than normal outside when waiting for the bus/brief coughing spell with wheezing at school**PEAK FLOW READINGS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Day1** | **Day2** | **Day3** | **Day4** | **Day5** | **Day6** | **Day7** |
| **AM** | **PM** | **AM** | **PM** | **AM** | **PM** | **AM** | **PM** | **AM** | **PM** | **AM** | **PM** | **AM** | **PM** |
| **250** | **210** | **240** | **255** | **240** | **150** | **185** | **245** | **275** | **255** | **230** | **200** | **230** | **200** |

**Peak Flow Ranges**214-267 Green 213-134 Yellow133-0 Red**Explanation of Results**She, for the most part stayed in the green and yellow ranges, meaning that she was normal or a little under normal. She never hit the red which is good. Since she stayed mostly in the green and yellow that means that her airways may be starting to close up and she may need to start looking for a form of treatment that is best for her.**Recommendations**Melissa will complete spirometry testing to test overall lung function. Patient was also given an inhaler of a “rescue medication” to take if wheezing or coughing keeps her from taking normal breaths. Patient will report back on response to this medication at the next visit.  |