

Proficiency 5 – Mock Cases

20 y/o female field hockey player complains of ongoing abdominal pain. The pain is intermittent, but is mostly felt in the morning and nighttime. Other complaints include muscle soreness, nausea, and headaches. She is also concerned about her starting position on the team, which is putting a lot of stress on her.

What do you know? (What are the facts?)	What are your ideas? (Hypotheses about differential dx)	What we need to know? (What are the learning questions?)	Future Action/Resources (What is your plan to answer questions?)
20 yr old	Spleen	Blood in stool? Yes	Refer to physician <ul style="list-style-type: none"> • Peptic Ulcer (gastric)
Abdominal pain	Twisted colon	Blood is darker color	Refer to physician
Pain intermittent	Pancreas	Abdominal assessment for localization of pain	Treat symptoms (OTC, antacid, H2 blockers, and proton pumps)
Occurs mainly in morning and at night	Constipation		Blood test for bacteria
Muscle soreness	Peptic ulcer (gastric, duodenal)		Upper endoscopy for diagnosis
Nausea, headache	Crohn's		Biopsy (small sample)
Stressed about starting spot			