Focused Exam Case

Graduate - Cough (Daniel “Danny” Rivera™)

Introduction

Daniel “Danny” Rivera is an 8-year-old boy who comes to the clinic with a cough. Students determine if Danny is in distress, explore the underlying cause of his cough, and look for related symptoms in other body systems.

Case Highlights

- Ask about a variety of psychosocial factors related to home life, such as second-hand smoke exposure
- Observe non-verbal cues as Danny presents with intermittent coughing and visible breathing difficulty
- Rule out asthma, a common childhood affliction, by examining Danny

Learning Objectives

- Perform a focused assessment of the respiratory system
  - Gather subjective and objective data
  - Select and use the appropriate tools and tests necessary for a focused exam
  - Consider and assess regional system involvement
- Differentiate between variations of normal and abnormal assessment findings to determine the cause and severity of the event.
  - Create a differential diagnosis
- Practice patient-centered care
  - Convey empathy with therapeutic communication
  - Provide patient education on condition, diagnosis, or treatment while respecting variance in health literacy
  - Express consideration and respect for patient perspectives, feelings, and sociocultural background
- Evaluate, and document patient assessment data using information systems technology
- Interview using communication techniques appropriate for a pediatric patient
- Promote patient safety, privacy, and infection control
- Communicate critical information effectively to another healthcare professional during the transfer of patient care.
- Reflect on personal strengths, limitations, beliefs, prejudices, and values

Body Systems of Study

- **Primary:** Respiratory
- **Secondary:** HEENT, Cardiovascular

Chief Complaint

“I’ve been coughing a lot the past four... no I’ve been coughing for five days.”

Abnormal Findings

**INTERVIEW**
- Reports wet cough for several days
- Cough is worse at night
- Reports frequent cough as part of medical history
- Father smokes indoors
- Frequent ear infections when he was younger
- Frequent rhinorrhea
- Had pneumonia last year
- Starting to feel pain in his right ear

**EXAM**
- Rhinorrhea with clear mucus; inside nostril appearance red
- Increased respiratory rate
- Appears fatigued
- Nasal discharge, boggy turbinate, and visible crease on nose from rubbing
- Audible coarse crackles in upper airway; bronchovesicular on both sides, clears with cough
- Mild tachycardia
- Lymph nodes enlarged and tender on the right side
- Right ear has erythematous; canal is clear and a little red.
- The tympanic membrane is red and inflamed
- Fine bumps on tongue
- Tenderness in throat; “cobble stoning” in back of throat

**For instructor use**