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Welcome!

Shadow Health® understands that you want to learn your core provider competencies in the most engaging and effective way possible. The Shadow Health Digital Clinical Experience™ (DCE) provides you with a dynamic, immersive experience designed to enrich classroom instruction through the clinical examination of our Digital Standard-ized Patients.™ We are committed to providing you with an innovative, intuitive virtual clinical experience that offers comprehensive participation in a safe learning environment.
Health History

As healthcare professionals, the health history helps us compile important information to better care for our patients. You should conduct a **thorough** patient interview to collect all the necessary information to treat your patient.

**Patient Narrative:** In this assignment, your patient, Tina Jones, has come to the clinic to establish primary care. She also has a foot wound that was recently treated at the hospital. You will interact with Ms. Jones throughout the course the semester, so this assignment is especially important to establish baseline information about your patient.

**Planning your time:**

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<th>First Turn-in</th>
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- Review the assignment settings your instructor selected on the assignment overview page.
- Every assignment setting allows you to stop and resume an assignment until you leave the patient’s room. Your progress is automatically saved every 30 seconds.

**Tips for success:**

Unlike the Conversation Concept Lab, there are no prompts during your interview, so you should prepare prior to entering Ms. Jones’ room. We suggest taking out your textbook to remind yourself of what taking a health history entails. There are essential sections of patient information that your interview will need to uncover. As you learned in the Conversation Concept Lab, there are multiple essential questions for each of these topics:

- Chief Complaint
- History of Present Illness
- Pain Assessment
- Allergies
- Immunizations
- Medications
- Medical History
- Surgical History
- Previous Hospitalizations
- Gynecological History
- Family History (3 Generations)
- Social History
- Full Review of Systems

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

Remember when you are doing these exams that this simulation is designed to help you improve your health assessment skills. Preparing ahead of time will help to set you up for success.

**Technical Support:** Contact Shadow Health with any questions or technical issues before contacting your instructor. Support is available at [http://support.shadowhealth.com](http://support.shadowhealth.com).
HEENT

The HEENT exam is an interview and physical exam that is concerned with the head, eyes, ears, nose and throat. It is performed when a patient presents with a problem with the HEENT system.

Patient Narrative: In this assignment, your patient, Tina Jones, said that she felt congested. This is an opportunity for you to practice a full HEENT exam on Ms. Jones. This assignment occurs at 8 a.m. on Ms. Jones’ second day in the hospital.

Planning your time:

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- Review the assignment settings your instructor selected on the assignment overview page.
- Every assignment setting allows you to stop and resume an assignment until you leave.

Tips for success:
You should prepare prior to entering Ms. Jones’ room. We suggest taking out your textbook to remind yourself of what doing an HEENT assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:
- Medical History pertaining to the HEENT system
- Targeted Review of Systems related to the HEENT system
- Family History related to the HEENT system

Know all of your qualifying questions for any symptom that may be reported:
- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

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Respiratory

The respiratory exam is an interview and physical assessment that is performed when a patient presents with a respiratory problem or a history that is suggestive of a pathology of the lungs.

**Patient Narrative:** Because Tina Jones has a history of asthma, you will perform a full respiratory exam on her. This assignment occurs at noon on Ms. Jones’ second day in the hospital.

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- Every assignment setting allows you to stop and resume an assignment until you leave the patient’s room. Your progress is automatically saved every 30 seconds.

**Tips for success:**

You should prepare prior to entering Ms. Jones’ room. We suggest taking out your textbook to remind yourself of what doing a respiratory assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:

- Medical History pertaining to the respiratory system
- Targeted Review of Systems related to the respiratory system
- Risk factors associated with respiratory disease
- Family History related to the respiratory system

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

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The cardiovascular exam is an interview and physical assessment that is performed when a patient presents with symptoms suggestive of a pathology of the heart such as chest pain or high blood pressure.

**Patient Narrative:** Ms. Jones’ attending physician is considering putting her on a medication for her blood pressure during her stay in Shadow General. Before the doctor prescribes the medication, you’ll need to conduct a cardiovascular exam. This assignment occurs at 4 p.m. on Ms. Jones’ second day in the hospital.

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- Review the assignment settings your instructor selected on the assignment overview page.
- Every assignment setting allows you to stop and resume an assignment until you leave.

**Tips for success:**

You should prepare prior to entering Ms. Jones’ room. We suggest taking out your textbook to remind yourself of what doing a cardiovascular assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:

- Medical History pertaining to the cardiovascular system
- Targeted Review of Systems related to the cardiovascular system
- Risk factors associated with cardiovascular disease
- Family History related to the cardiovascular system

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

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Abdominal

The abdominal exam is an interview and physical assessment that aims to pick up on any gastrointestinal pathology that may be causing symptoms such as abdominal pain, distention, or altered bowel habits.

**Patient Narrative:** Because Ms. Jones has been admitted to Shadow General for almost 24 hours, you will conduct a full gastrointestinal exam and check her intake and output. This assignment occurs at 8 p.m. on Ms. Jones’ second day in the hospital.

**Planning your time:**

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**Tips for success:**

You should prepare prior to entering Ms. Jones’ room. We suggest taking out your textbook to remind yourself of what doing a abdominal assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:

- Medical History pertaining to the abdominal system
- Targeted Review of Systems related to the abdominal system
- Risk factors associated with abdominal disease
- Family History related to the abdominal system

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

Remember when you are doing these exams that this simulation is designed to help you improve your health assessment skills. Preparing ahead of time will help to set you up for success.

**Technical Support:** Contact Shadow Health with any questions or technical issues before contacting your instructor. Support is available at [http://support.shadowhealth.com](http://support.shadowhealth.com).
The musculoskeletal exam is an interview and physical assessment that assesses the overall functionality of the muscles and bones.

**Patient Narrative:** Ms. Jones will be receiving a physical therapy consultation later today. Before the physical therapist arrives, you will conduct a full musculoskeletal system to collect subjective and objective data. This assignment occurs at 8 a.m. on Ms. Jones’ third day in the hospital.

**Planning your time:**

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**Tips for success:**

You should prepare prior to entering Ms. Jones’ room. We suggest taking out your textbook to remind yourself of what doing a musculoskeletal assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:

- Medical History pertaining to the musculoskeletal system
- Targeted Review of Systems related to the musculoskeletal system
- Risk factors associated with musculoskeletal disease
- Family History related to the musculoskeletal system

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

Remember when you are doing these exams that this simulation is designed to help you improve your health assessment skills. Preparing ahead of time will help to set you up for success.

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Neurological

The neurologic exam is an interview and physical assessment that assesses the nervous system, which includes the brain and spinal cord.

**Patient Narrative:** Because Ms. Jones has a history of diabetes, you will conduct a complete neurologic exam to collect subjective and objective data to assess her risk for neuropathy. This assignment occurs at noon on Ms. Jones’ third day in the hospital.

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**Tips for success:**

You should prepare prior to entering Ms. Jones’ room. We suggest taking out your textbook to remind yourself of what doing a neurologic assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:

- Medical History pertaining to the neurological system
- Targeted Review of Systems related to the neurological system
- Risk factors associated with neurological disease
- Family History related to the neurological system

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

Remember when you are doing these exams that this simulation is designed to help you improve your health assessment skills. Preparing ahead of time will help to set you up for success.

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Skin, Hair, and Nails

The skin, hair, and nails exam is an interview and physical exam that assesses the integumentary system. It is performed when a patient presents with a wound or hair loss, among many other clinical reasons.

Patient Narrative: In preparation for Tina Jones’ discharge from Shadow General, you will assess Ms. Jones’ skin, hair and nails for any additional wounds or signs of impaired healing. This assignment occurs at 4 p.m. on Ms. Jones third day in the hospital.

Planning your time:

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- Every assignment setting allows you to stop and resume an assignment until you leave.

Getting Started:
View this tutorial for guidance on getting started with the Skin, Hair, and Nails Assignment.

Tips for success:
You should prepare prior to entering Ms. Jones’ room. We suggest taking out your textbook to remind yourself of what doing a skin, hair, and nails assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:

- Medical History pertaining to skin, hair, and nails
- Targeted Review of Systems related to skin, hair, and nails
- Family History related to skin, hair, and nails

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

Remember when you are doing these exams that this simulation is designed to help you improve your health assessment skills. Preparing ahead of time will help to set you up for success.

Technical Support: Contact Shadow Health with any questions or technical issues before contacting your instructor. Support is available at http://support.shadowhealth.com.
Focused Exam: Cough

Patient Narrative: Daniel “Danny” Rivera is an 8-year-old boy who is sent to the school nurse’s office because he has been coughing. You will act as a school nurse to gather data and decide if Danny is in respiratory distress, and he should be sent home.

Planning your time:

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Tips for success:
You should prepare prior to meeting Danny Rivera in the nurse’s office. We suggest taking out your textbook to remind yourself of what doing a focused, complaint oriented respiratory exam assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:
- History of Present Illness (HPI)
- Targeted review of systems related to the HPI

Know all of your qualifying questions for any symptom that may be reported:
- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

Technical Support: Contact Shadow Health with any questions or technical issues before contacting your instructor. Support is available at http://support.shadowhealth.com.
Patient Narrative: The simulation takes place in a hospital, where Mr. Foster, 58, is on his third day of recovery after a simple open prostatectomy. He has had an uneventful postoperative course so far. When the simulation begins, Mr. Foster has started complaining of chest pain.

Planning your time:

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Tips for success:
You should prepare prior to meeting Brian Foster in his hospital room. We suggest taking out your textbook to remind yourself of what doing a focused, complaint oriented cardiovascular exam assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:

- History of Present Illness (HPI)
- Family history related to the cardiovascular system
- Targeted review of systems related to the HPI

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

Technical Support: Contact Shadow Health with any questions or technical issues before contacting your instructor. Support is available at http://support.shadowhealth.com.
**Focused Exam: Abdominal Pain**

**Patient Narrative:** Mrs. Esther Park is a 78-year-old woman who comes to the emergency department complaining of abdominal pain. She reports that the pain isn’t severe, but that her daughter was concerned and brought her in. You will have to decide whether or not the situation an emergency and try to determine the underlying cause of Mrs. Park’s discomfort.

**Planning your time:**

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- Every assignment setting allows you to stop and resume an assignment until you leave.

**Tips for success:**

You should prepare prior to meeting Esther Park in her room in the emergency department. We suggest taking out your textbook to remind yourself of what doing a focused, complaint oriented abdominal exam assessment entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:

- History of Present Illness (HPI)
- Targeted review of systems related to the HPI

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

**Technical Support:** Contact Shadow Health with any questions or technical issues before contacting your instructor. Support is available at [http://support.shadowhealth.com](http://support.shadowhealth.com).
Comprehensive Assessment

Patient Narrative: In this assignment, your patient, Tina Jones presents in your outpatient clinic for a pre-employment physical. This visit takes place 6 months after her hospitalization and is a well visit.

Planning your time:

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Tips for success:
You should prepare prior to entering Ms. Jones’ room. We suggest taking out your textbook to remind yourself of what taking a health history entails. There are essential sections of patient information that your interview will need to uncover. There are multiple essential questions for each of these topics:

- Reason for Visit
- History of Present Illness
- Allergies
- Medications
- Medical History
- Surgical History
- Health Maintenance
- Family History (3 Generations)
- Social History
- Mental Health History
- General Review of Systems

Know all of your qualifying questions for any symptom that may be reported:

- Onset
- Location
- Duration
- Characteristics
- Aggravating/alleviating factors
- Related symptoms
- Treatments tried

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