



Patient History Review and Practice

Purpose:

These cards are meant to reduce the time needed to review the patient history and to actively involve students in taking a patient history.

Estimated Time: 20 minutes.

How to run this exercise:

Review the purpose of the patient history and SAMPLE and OPQRST. Remember, this is not a complete re-lecturing, just a review. Be sure students have a visual to reference, write out SAMPLE and OPQRST on a white board or give students a handout. After review, divide students into pairs. To each pair, give one student card 1 and the other student card 2. The students must collect a SAMPLE history on each other. It's best to give students a time limit.

After collecting their patient histories, discuss as a class. You can highlight how both patients were experiencing chest pain, but the histories revealed major differences in their condition.

Preparation:

- Print the cards to use during the exercise (one copy can be used for 10 students. Print multiples for larger class sizes.)

1. Chest Pain

SAMPLE:

S - left sided chest pain, short of breath

A - aspirin

M - The doctor gave you something, but you don't take it.

P - 2 heart attacks last year

L - Ate this morning, nothing abnormal with peeing and pooping

E - You were taking a nap when you started to feel pain

OPQRST:

O - While you were sleeping

P - Nothing makes it feel better

Q - A crushing, heavy pain

R - Radiates down your left arm

S - 8 out of 10

T - This happened about 40 minutes ago



2. Chest Pain

SAMPLE:

S - left sided chest pain, hard to take a deep breath because it hurts.

A - peanuts

M - No medications

P - No medical problems

L - Ate this morning, nothing abnormal with peeing and pooping

E - You have not been feeling well the last few days and have been running a fever.

OPQRST:

O - As you were hiking up the hill.

P - Laying down makes it worse, leaning forward makes it feel better

Q - sharp pain

R - Pinpoint. Does not radiate

S - 5 out of 10

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