

# CASE STUDY JENNIFER ALBERTSON IHUMAN, 65 YEARS REASON FOR ENCOUNTER TROUBLE IN SLEEPING 2023 UPDATE



## Jennifer

65 y/o

5' 5" (165 cm)

126.0 lb (57.3 kg)

### Reason for encounter

Trouble sleeping

[Review](#)

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## History Taking Strategy

Below you will see the strategy for selecting the "required" questions in this patient encounter using the **OLD-CARTS** mnemonic for the HPI.

### Reason for Encounter

Start with open-ended patient-centric questions.

● Asked ✗ Not asked

Graded	Approach	Question	Response	Information Obtained <i>Clinic Notes</i>
●	CC Sx	How can I help you today?	I am having trouble sleeping and I feel so tired. I came to see if you could give me something to help me sleep better.	
●	Assoc Sx	Have you been nervous, anxious or worried about something?	Yes, a bit nervous... sort of jumpy if you know what I mean, but I don't really know why. Maybe it's the problem sleeping... Life is good. I have been enjoying retirement with my friends.	
●	Assoc Sx	Do you awaken frequently from sleep?	Sometimes, but I seem to just be sleeping very light. I hear everything.	
✗	Assoc Sx	Any change in the frequency of your bowel movements?	Yes actually now that you ask... I used to really battle constipation. Now I am having bowel movements twice daily. They are really soft, not well formed. I guess at times they border on diarrhea consistency, but not really diarrhea.	
●	Assoc Sx	Do you have any other symptoms or concerns we should discuss?	I feel a bit jittery or nervous and I seem to be loosing weight.	
●	Etiology	How is your appetite? Any recent change?	Yes, it seems I am hungry all the time.	

### OLD-CARTS for the HPI

● Asked ✗ Not asked

Graded	Approach	Question	Response	Information Obtained <i>Clinic Notes</i>
	Onset			
	Location			
	Duration			
●	Characteristics	If you wake in the middle of the night, are you able to fall asleep again?	Not always, but mostly I do eventually... but it takes a while.	
●	Characteristics	Does your insomnia come and go?	Yes. I think I just get so exhausted from not sleeping well for 2-3 days that I finally sleep but	

●	Characteristics	Can you describe a typical night's sleep?	When I was sleeping normally, I would go to bed around 10-11 pm, immediately fall asleep within minutes and would wake up around 7 am. I slept straight through. Now I try to go to bed and toss and turn for an hour, sometimes two. Then sometimes wake up at 2 or 3 am and have trouble getting back to sleep.	
●	Characteristics	Why do you wake up?	I have no idea. I just do.	
●	Characteristics	Do you nap during the day?	Never, but I am really tired.	
●	Characteristics	Is your problem falling asleep or awakening early?	Both actually. Can you prescribe a sleeping pill?	
●	Characteristics	Do you take anything to help you sleep?	No, but I'm hoping you can give me something for it.	
	Aggravating			
	Relieving			
●	Timing/Treatments	What do you do when you cannot fall asleep?	I just try to get up and do some housework and then go back to bed a bit later.	
●	Timing/Treatments	How often and at what times do you wake up at night?	It varies. I don't always look at the clock and I haven't been keeping detailed track of how often.	
●	Timing/Treatments	How often do you have insomnia?	I never had this problem until recently.	
✗	Timing/Treatments	What has worked for your insomnia and what has not?	I have tried a glass of milk, but it does not work. I have never had this problem before. I just don't understand what is different. I was so happy to be retired. I have no pressure. I just don't understand what is going on.	
●	Severity	How much weight have you lost?	I can't remember what the nurse said. Can you check my chart?	
	HPI			

### PMH, FH, SH as Needed

● Asked ✗ Not asked

Graded	Approach	Question	Response	Information Obtained <i>Clinic Notes</i>
✗	PMH	Are you taking any medications that were prescribed by a different health care provider?	Uh...no.	
●	PMH	Are you taking any over-the-counter or herbal medications?	I'm still taking a multi-vitamin and calcium daily.	
●	SH	Do you drink caffeinated beverages or eat chocolate?	Well I used to, but coffee and caffeinated drinks just make me feel really jittery, so I stopped drinking them. Also, they were giving me a bit of diarrhea, now that I think about it.	

×	SH	Tell me about daily exercise or sports that you play.	I play tennis on weekends and I walk every day but it is getting harder and harder. I thought exercise would help me feel less nervous like it used to, but now I just get so tired.
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## Review of Systems (ROS)

Select the major body systems that have not been touched on during the interview process for the HPI.

● Asked × Not asked

Graded	Question	Response	Information Obtained <i>Clinic Notes</i>
●	Have you noticed any bruising, bleeding gums, nose bleeds, or other sites of increased bleeding?	No.	
●	Do you have problems with heat or cold intolerance, increased thirst, increased sweating, frequent urination, or change in appetite?	Yes, I always feel hot, especially when I am playing tennis. No change in thirst or peeing though. Did I answer everything?	
●	Do you have problems with dizziness, fainting, spinning room, seizures, weakness, numbness, tingling, or tremor?	No	
●	Do you have any problems with an itchy scalp, skin changes, moles, thinning hair, or brittle nails?	Yes, I think my hair has been thinning, but maybe that is just due to age.	
●	Do you have any problems with nervousness, depression, lack of interest, sadness, memory loss, or mood changes, or ever hear voices or see things that you know are not there?	I wouldn't say I'm depressed or sad or anything like that. For goodness sake, I am retired! I certainly am not hearing voices. Did that answer everything you want to know?	
●	Do you have any problems with fatigue, difficulty sleeping, unintentional weight loss or gain, fevers, or night sweats?	Yes, some of that stuff we have been talking about, but no night sweats.	
●	When you urinate, have you noticed any pain, burning, blood, difficulty starting or stopping, dribbling, incontinence, urgency during day or night, or any changes in frequency?	Heavens no!	
●	Do you have any problems with headaches that don't go away with aspirin or Tylenol (acetaminophen), double or blurred vision, difficulty with night vision, problems hearing, ear pain, sinus problems, chronic sore throats, or difficulty swallowing?	I get mild headaches now and then, maybe a few more than normal, but they don't worry me. My vision is fine. I had it checked out about 9 months ago and updated my glasses.	
●	Have you noticed any breast discharge, lumps, scaly nipples, pain, swelling, or redness?	No.	

●	Do you experience chest pain discomfort or pressure; pain/pressure/dizziness with exertion or getting angry; palpitations; decreased exercise tolerance; or blue/cold fingers and toes?	No, but I am finding my weekly tennis game to be really exhausting. Also, I am really struggling with the heat on the court. I just feel so out of shape. Oh, you did mention palpitations. I have had a few of those over the years. Maybe a few more than typical lately---but I think it might be because I am so out of shape.	
●	Do you experience shortness of breath, wheezing, difficulty catching your breath, chronic cough, or sputum production?	No, not really...well I do feel I am breathing harder and my heart is going faster during tennis. I must really be out of shape.	
●	Do you have problems with nausea, vomiting, constipation, diarrhea, coffee grounds in your vomit, dark tarry stool, bright red blood in your bowel movements, early satiety, or bloating?	No vomiting or nausea or blood anywhere. Heavens! That would be alarming. But now that you mention it, I haven't had any problems with constipation lately. So some changes in that regard I guess.	
●	Do you have problems with muscle or joint pain, redness, swelling, muscle cramps, joint stiffness, joint swelling or redness, back pain, neck or shoulder pain, or hip pain?	Nope.	

EHR

Show Dialogue

Hx Notes

See Patient

Proceed