

Common Generalised Histories

Presenting complaint	Exploding symptom	Relevant system reviews	Commonest differentials		Clues to differential
			Grouping	Differentials	
Weight loss	<ul style="list-style-type: none"> •How much •Over how long •Associated symptoms 	<u>Gastrointestinal</u> <ul style="list-style-type: none"> •<i>Weight</i>: appetite change •<i>Work down body</i>: dysphagia, nausea/ vomiting, indigestion/ heartburn, abdominal pain, bowel habit change, blood/ mucus in stool <u>Full systems review</u> Consider full systems review if diagnosis unclear	Malignancy	Any malignancy	<ul style="list-style-type: none"> •Symptoms of tumour e.g. breast lump, haemoptysis (lung), prostatic symptoms, change in bowel habit (bowel), haematuria (TCC), jaundice (head of pancreas), post-menopausal bleed (uterine) etc
			Gastrointestinal	Colon cancer	<ul style="list-style-type: none"> •Elderly •Blood/melaena PR •Change in bowel habit
				Inflammatory bowel disease	<ul style="list-style-type: none"> •Blood/ mucus in stool •Abdominal pain
				Coeliac disease	<ul style="list-style-type: none"> •Diarrhoea, steatorrhoea •Anaemia symptoms •Abdominal discomfort
			Endocrinological	Thyrotoxicosis	<ul style="list-style-type: none"> •Diarrhoea •Heat intolerance •Irritability/ restlessness •Tremor •Oligomenorrhoea/amenorrhoea
			Psychological	Anorexia/ bulimia nervosa	<ul style="list-style-type: none"> •BMI <17.5 in anorexia •Binge eating in bulimia •Effort to lose weight (gym, vomiting, laxatives) •Menstrual cycle disturbance
				Depression	<ul style="list-style-type: none"> •Core: low mood, anhedonia •Biological: poor sleep, lack of energy •Future: hopelessness, suicidal thoughts
				Stress	•Organic stress
Other differentials	Diet changes/ malnutrition Substance misuse End organ failure Diabetes mellitus type 1 Chronic inflammatory diseases Chronic infection (e.g. TB) HIV/AIDS				

Tiredness	<u>Timing</u> <ul style="list-style-type: none"> •When started •Acute/ gradual onset •Duration •Progression •Intermittent or continuous <u>Tiredness</u> <ul style="list-style-type: none"> •What they mean by tiredness •Their sleep pattern •How it affects patient •Associated Symptoms... •<i>Anaemia</i>: breathlessness on exertion •<i>Hypothyroidism</i>: constipation, weight gain, cold intolerance etc •<i>Depression</i>: mood •<i>Diabetes</i>: polydipsia, polyuria 	<u>Full systems review</u> Consider full systems review if diagnosis unclear	Haematological	Anaemia	<ul style="list-style-type: none"> •Breathlessness on exertion •Weakness •May get palpitations, worsening angina, worsening claudication
			Endocrine	Hypothyroidism	<ul style="list-style-type: none"> •Constipation •Cold intolerance •Weight gain
				Diabetes	<ul style="list-style-type: none"> •Polydipsia/ thirst •Polyuria •Weight loss •Visual disturbance
			Psychological	Depression	<ul style="list-style-type: none"> •Core: low mood, anhedonia •Biological: poor sleep, lack of energy •Future: hopelessness, suicidal thoughts
			Other differentials	Stress Post-viral fatigue Organ failure Drugs (illegal, β -blockers, diuretics) Malignancy Chronic inflammatory diseases (e.g. connective tissue diseases) Chronic infection (e.g. TB) Addison's disease	