

**Plan of the classes, seminars and lectures**

**in Propaedeutics of Internal Diseases**

**for the 3rd Year Medical Students**

**in the Winter Semester 2024/2025**

**The Internal Medicine Propaedeutics practical classes take place weekly in two shifts, from 8:30 AM to 10:45 AM and from 11:00 AM to 1:15 PM, at different locations.**

**For the classes, knowledge of the current topic, as well as previous classes and lectures, is required.**

**Basic literature:**

**1.Macleod’s Clinical Examination; 14th edition; J.Alastair Innes, Anna Dover, Karen Fairhurst;Copyright: 2018 ; Publisher: Elsevier**

**2.Bates' Guide T o Physical Examination and History T aking; Lynn S. Bickley MD and all.; Edition:13; Copyright 2020; Publisher: McGraw Hill/Medical**

**3.Harrison's Principles of Internal Medicine, T wenty-First Edition (Vol.1 & Vol.2) Joseph**

**Loscalzo andall. 21st Edition; Copyright 2022; Publisher: McGraw Hill/Medical**

**Additional literature:**

**1.Davidson’s Principles and Practice of Medicine; vol 1-3; Stuart H. Ralston and all; 23rd edition; Copyright2018; Publisher: Elsevier**

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| Ćwiczenie 1 | **Regulations of the Department and Health & Safety (H&S)**  **Medical history**  **General medical history:**  **- Patient identification data and source of the interview,**  **- Main complaints,**  **- Previous course of the disease (including allergies, medications, substance use),**  **- Medical history (childhood illnesses, past diseases, hospitalizations, surgeries, gynecological history, psychiatric problems),**  **- Family history,**  **- Personal and social background,**  **- Review of symptoms by organ systems.**  **Seven features of a symptom:**  **- Location,**  **- Qualities,**  **- Quantity or severity,**  **- Temporal characteristics (onset, duration),**  **- Conditions of occurrence,**  **- Alleviating and aggravating factors,**  **- Associated symptoms.**  **Standard set of questions for symptom review.**  **General Appearance:**  **- Overall health condition, external appearance, patient's position in bed, posture and gait, height and weight (BMI calculation)**  **State of Consciousness**  **Skin and Nail Assessment:**  **- Color, cyanosis, pallor, clubbing of the fingers, etc.**  **Lymph Nodes:**  **- Location, description of palpable lymph nodes**  **Edema:**  **- Generalized or localized, most common causes**  **Basic Vital Signs:**  **- Blood pressure (blood pressure classification), pulse examination, respiratory rate and rhythm, body temperature**  **Lymph Nodes:**  **- Location, description of palpable lymph nodes**  **Edema:**  **- Generalized or localized, most common causes**  **Basic Vital Signs:**  **- Blood pressure (classification of blood pressure), pulse examination, respiratory rate and rhythm, body temperatur** | |
| Ćwiczenie 2 | **Examination of the Head and Neck**  **Head:**  **- Assessment of head size and shape, common disorders**  **Face:**  **- Symmetry, functional tests in facial nerve (VII) palsy**  **Palpation:**  **- Palpation of the sinus region, trigeminal nerve exits, earlobe, and mastoid process**  **Eye Examination:**  **- Position, alignment, and mobility of the eyeballs**  **- Basic visual field testing**  **- Visual acuity**  **- Assessment of the sclera, iris, and conjunctiva**  **- Pupil description, light reflexes (direct and consensual), accommodation and convergence reflexes**  **Eye Symptoms in Graves' Disease:**  **- Graefe's sign**  **- Kocher's sign**  **- Möbius sign**  **Ear Examination:**  **- Assessment of the external ear: auricles, external auditory canal**  **Nose Examination:**  **- Shape and symmetry, evaluation of the nasal vestibule, nasal passage patency, and sense of smell**  **Oral Examination:**  **- Assessment of the lip vermilion, oral vestibule, teeth, and oral mucosa**  **- Tongue examination: shape, papillae development, taste, tongue mobility, assessment of the pharynx and palatine tonsils, phonatory movement of the soft palate**  **Lymph Nodes Examination:**  **- Examination of lymph nodes in the head and neck region**  **Neck Examination:**  **- Mobility, symmetry, carotid artery pulse, jugular vein distention**  **Thyroid Examination:**  **- Examination methods, description of goiter: lobe size, tenderness, consistency, mobility relative to the underlying tissue, vascular bruit (auscultation), skin changes over the thyroid** | |
| Ćwiczenie 3 | **Lung Examination:**  **Topography of the Chest:**  **- Chest palpation and percussion**  **Medical History:**  **- Typical symptoms of respiratory diseases (chest pain, dyspnea, wheezing, cough, hemoptysis)**  **Chest Shape and Symmetry:**  **- Types of chest shapes**  **Landmarks and Lines on the Chest:**  **- Orientation lines and locations on the chest, course of fissures, and lobar projections on the chest**  **Types of Breathing:**  **- Tachypnea**  **- Bradypnea**  **- Kussmaul's breathing**  **- Cheyne-Stokes breathing**  **- Biot's breathing**  **Chest Tenderness Examination**  **Assessment of Respiratory Mobility of the Chest**  **Evaluation of Tactile Fremitus:**  **- Diminished or increased fremitus**  **Percussion of the Chest:**  **- Typical percussion sounds: dull, resonant, hyperresonant, tympanic**  **Lung Borders:**  **- Percussion of the diaphragm level, determination of lower lung border mobility**  **Refinement of Examination Techniques** | |
| Ćwiczenie 4 | **Lung Examination: Auscultation**  **Basic Breath Sounds:**  **- Vesicular breath sounds**  **- Bronchovesicular breath sounds**  **- Bronchial breath sounds**  **Additional Breath Sounds:**  **- Crackles (late inspiratory, early inspiratory, mid-inspiratory, and expiratory)**  **- Wheezes**  **- Rhonchi**  **- Pleural friction rub**  **- Stridor**  **Additional Breath Sounds Explanation:**  **- Clarification of previous terminology (rales)**  **Refinement of Examination Techniques** | |
| Ćwiczenie 5 | **Heart Examination: Palpation, Percussion, Auscultation - Heart Sounds**  **Medical History:**  **- Typical symptoms of heart diseases (chest pain, palpitations, dyspnea, orthopnea, paroxysmal nocturnal dyspnea, peripheral edema)**  **Heart Projection on the Chest:**  **- Visualizing heart position in relation to chest landmarks**  **Inspection and Palpation of the Anterior Chest Wall:**  **- Evaluation of the apical impulse (location, diameter, amplitude)**  **- Right ventricular heave**  **- Cardiac murmurs (thrills)**  **Auscultation:**  **- Areas for auscultating heart sounds, identifying heart tones**  **Heart Sounds:**  **- S1, S2 - causes, timing in the cardiac cycle**  **- Additional sounds: S3, S4, clicks, pericardial knock**  **- Frequency, intensity, regularity, muffling, and accentuation of heart sounds in healthy individuals**  **- Gallop rhythm**  **Splitting of the Second Heart Sound:**  **- Physiological, pathological: simple and paradoxical (differentiation)**  **Heart Rate Abnormalities:**  **- Tachyarrhythmia, bradyarrhythmia**  **Irregular Heart Rhythm:**  **- Atrial fibrillation (complete irregularity), extrasystolic irregularity (sporadic, rhythms like bigeminy, etc.)**  **- Pulse deficit**  **Refinement of Examination Techniques** | |
| Ćwiczenie 6 | **Heart Examination: Auscultation - Heart Murmurs**  **Heart Murmurs – Classifications:**  **- Organic, functional, and incidental murmurs**  **- Ejection murmurs and regurgitant murmurs**  **Murmur Characterization and Identification of Cardiac Defects:**  **- Loudness (graded by intensity scale)**  **- Point of maximal intensity (punctum maximum)**  **- Timing in the cardiac cycle (systolic or diastolic)**  **- Radiation of the murmur**  **Pericardial Friction Rub**  **Auscultation Positions:**  **- Left lateral decubitus position**  **- Sitting position with forward leaning**  **Functional Maneuvers in Heart Auscultation:**  **- Standing and squatting**  **- Inspiration and expiration**  **Refinement of Examination Techniques** | |
| Ćwiczenie 7 | **Abdominal Examination: Topography, Palpation, Percussion, and Signs of Peritonitis**  **Medical History:**  **- Typical symptoms of gastrointestinal diseases (pain, heartburn, indigestion, dysphagia, diarrhea, constipation, jaundice, upper and lower gastrointestinal bleeding)**  **Topography of Abdominal Organs:**  **- Orientation lines and landmarks on the abdominal wall**  **Inspection:**  **- Skin assessment, venous dilation, umbilicus, abdominal shape, symmetry, organ enlargement, peristalsis, pulsations, hernias**  **Auscultation:**  **- Assessment of peristaltic movements, vascular sounds from renal arteries, abdominal aorta, iliac arteries, and femoral arteries**  **Percussion:**  **- Identification of fluid, air, and organ size**  **Palpation Examination:**  **- Superficial and deep palpation**  **Refinement of Examination Techniques** | |
| Ćwiczenie 8 | **Examination Methods:**  **Liver:**  **- Including percussion assessment of liver span**  **Spleen:**  **- Including the technique for splenic percussion**  **Pancreas**  **Kidneys**  **Examination of the Stomach and Duodenum**  **Description of Enlarged Organs:**  **- Tenderness, size, consistency, homogeneity**  **Clinical Signs (How to Elicit and Their Clinical Significance):**  **- Blumberg’s Sign**  **- Chełmoński’s Sign**  **- Rovsing’s Sign**  **- Jaworski’s Sign**  **Methods for Examining Ascites**  **Refinement of Examination Techniques** | |
| Ćwiczenie 9 | **Physical Examination of the Vascular System**  **Common Symptoms and Their Characteristic Features:**  **- Intermittent Claudication**  **- Rest Pain**  **- Lower Limb Edema**  **- Raynaud's Phenomenon**  **Examination of the Arterial System:**  **- Pulse Examination Technique\*\***  **- Auscultation Technique for Arteries\*\***  **- Allen's Test**  **Assessment of Internal Jugular Vein Pressure:**  **- Technique for Examination**  **Examination of the Venous System of the Lower Limbs:**  **- Trendelenburg Test**  **Refinement of Techniques** | |
| Ćwiczenie 10 | Review of Exercises 1-10  - Credit | |
| Seminarium 1 (3 h) | | **All ergology in Practice:**  **- Basics of Spirometric Examination**  **Presentation of Student-Led Lectures:**  **- 30-minute presentations (each clinical group assigned one topic, with topics allocated based on alphabetical group numbering):**  **- A: Asthma**  **- B: Chronic Obstructive Pulmonary Disease (COPD)**  **- C: Allergic Rhinitis**  **- D:Anaphylaxis**  **Topics:**  **1. Asthma**  **2. Chronic Obstructive Pulmonary Disease (COPD)**  **3. Food Allergy**  **4. Anaphylaxis** |
| Seminarium 2 (2h) | | **Review of Theoretical Content from Exercises 1-10**  **- Theoretical test consisting of 10 multiple-choice questions (1 correct answer and 3 distractors). Correct answers to 6 or more questions is required to pass.** |

**Lectures:**

**1.Organizational issues. Medical history. Vital sings. Head and neck examination.**

**2.Lung examination – part I**

**3.Lung examination – part II**

**4.Heart examination – part I**

**5.Heart examination – part II**

**6 Principles of abdomen examination –part I**

**7.Abdomen examination – part II**

**8.Veins and arteries examination.**