

HEMATOLOGICAL HISTORY

HPI:

- Fatigue **anaemia**
- Weakness **anaemia**
- Palpitations **anaemia**
- Swollen ankles **lymphoedema**
- Postural dizziness **anaemia**
- Bleeding **thrombocytopenia or clot disorder**
- Bruising **thrombocytopenia or clot disorder**
- Fever **cancer**
- Night sweats **cancer**
- Weight loss **cancer**
- Jaundice **hemolysis or liver dysfunction**
- Lymph node enlargement **cancer**
- Lumps of any sort? **cancer**
- Bone pain **cancer mets**
- Tingling and loss of sensation **B12 deficit anaemia**
- Skin rash **lupus / bacyteraemia / cancer / autoimmune hemolytic anaemia**

PAST HISTORY

- Pregnancies
- Menstrual history
- Frequent infections
- Diarrhoea
- Tarry stools
- Blood in stools
- Recent trauma with bleeding
- Radiotherapy
- Previous cancers
- GIT surgery
- Transplants
- Bleeding disorders?
- Previous transfusions
- rheumatoid arthritis

FAMILY HISTORY

- Family members with these same complaints
- Ethnic origin? Mediterranean, south-east Asian?

SOCIAL HISTORY

- Whose at home? somebody caring for you?
- Smoking?
- Alcohol?
- **DIET?** Vego, etc?
- Sexual lifestyle if AIDS is suspected
- IV drugs?

MEDICATIONS:

- NSAIDS??
- Anticoags?
- Thrombolytics?
- STEROIDS?
- Vitamin supplements (iron?...)

- Allergies?

HEMATOLOGICAL EXAM

POSITION SUPINE, 1 PILLOW EXPOSE FULLY

LOOK:

Race and gender:

- mediterranean = **thalassaemia**
- African = **sickle cell anaemia**
- N.euro/anglo, prematurely grey, blue eyes = **pernicious anaemia**
- Pale **anaemia**
- Jaundice **hemolytic anaemia**
- Cyanosis **hemoglobinopathy or polycythaemia**
- Bruising **clot disorder**
- Scratch Marks **lymphoid cancer**
- Plethoric red face **polycythemia**
- Wasted/cachexic **cancer**

HANDS:

NAILS:

- Nicotine stains
- Koilonychia **iron deficiency**
- Pale nails **anaemia**
- Clubbing **cancer**
- Vasculitis of the nail bed **bacteraemia**

HANDS:

- Palmar creases: **anaemia?**
- RA @ joints?
- Gouty tophi **secondary to myeloproliferative disease**
- Hot hands? **Febrile?**

!! PULSE !! (shock = when you lose 15 to 20% of your blood volume)

- Sensation: glove and stocking distribution? = **Peripheral B12 neuropathy**

ARMS:

- blood pressure
- scratch marks
- palpable purpura **vasculitis or septicaemia**
- EPITROCHLEAR NODES

AXILLA:

- Nodes enlarged? **All drain to central nodes**
- Central
- Lateral
- Pectoral
- Infraclavicular
- Subscapular

FACE:

enlarged bones? thalassaemia

EYES:

- Jaundice?
- Pallor of conjunctiva
- Haemorrhage
- Injected sclerae

MOUTH:

- Hypertrophied gums? **leucaremia**
- Bleeding? **Chemotherapy or lymphoma**
- Scurvey?

TONGUE:

- Glossitis (atrophic?) – **Fe deficit, B12 anaemia, or lymphoma**
- Ulcerated
- Tonsillar/adenoid enlargement?

NECK:

- Auscultate carotid bruits
- Inspect nodes
- Submental
- Sub,mandibular
- Preauricular
- Postauricular
- Occipital
- Jugular chain
- Post triangle
- Supraclavicular
- Paratracheal (lat. to trachea)

CHEST:

- Bone pain: knock on ribs
- Find apex beat

ABDOMEN:

- Lie patient down
- Abdominal breathing = anaemic dyspnoea
- Palpate liver and spleen (starting @ opposite side for spleen)
- **SPLEEN MOVES WITH RESPIRATION!**
- Scars/surgery?
- Pulsatile?
- Stretch marks?
- Ascites?
- Black umbilicus?
- Portal hypertension veins @ navel ? (Caput Medusae)
- **INGUINAL NODES**

LEGS:

- Ulcers
- Bruising
- Echhymosis
- Petechiae
- Peripheral "stocking" neuropathy (B12 deficit)
- Popliteal nodes?
- Swollen legs? Uni or bi laterally?
- Purpura?
- Varicosity?
- Toe clubbing?
- nail changes same as in fingers?