

Mark as done

✦✦ Summarise

OSCE Station: Cyanosis

Station Title:

Clinical Examination of a Patient with Cyanosis

Learning Objectives:

- - Identify the presence of cyanosis in a patient.
- - Differentiate between central and peripheral cyanosis.
- - Perform a focused clinical examination to assess the cause of cyanosis.
- - Correlate clinical findings with potential underlying causes.
- - Counsel the patient and explain the next steps in management.

Station Duration:

5-8 minutes

Case Scenario for the Student:

You are a final-year medical student in the outpatient department. A 45-year-old male patient presents with bluish discoloration of his lips and extremities. He complains of shortness of breath and fatigue. Perform a focused physical examination to assess the cyanosis.

Instructions for the Student:

- Examine the patient for cyanosis.
- Determine whether the cyanosis is central or peripheral.
- Look for signs of underlying diseases (cardiac, pulmonary, or hematologic).
- You have 5 minutes to complete the examination and 3 minutes to summarize your findings and suggest further investigations or management.

Examiner Guidelines and Marking Schema:

1. General Inspection

- - Proper hand hygiene and patient introduction (1 mark)
- - Check for cyanosis on lips, tongue, and nail beds (central vs. peripheral) (2 marks)
- - Look for signs of respiratory distress (tachypnea, use of accessory muscles) (2 marks)

2. Pulse Oximetry (if available)

- - Check oxygen saturation levels (central cyanosis if saturation <85%) (1 mark)

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3. Cardiovascular Examination

- - Inspect for [clubbing](#) (2 marks)
- - Auscultate heart for murmurs (suggestive of congenital heart disease, e.g., Eisenmenger's syndrome) (2 marks)
- - Palpate for heaves or thrills (1 mark)

4. Respiratory Examination

- - Auscultate lungs for crackles or wheezes (suggestive of chronic obstructive pulmonary disease or pneumonia) (2 marks)
- - Percuss for dullness or hyperresonance (pleural effusion or pneumothorax) (2 marks)

5. Other Relevant Examinations

- - Check for peripheral edema (2 marks)
- - Examine jugular venous pressure (JVP) for elevation (2 marks)

6. Differential Diagnosis

- - Cardiac causes: Congenital heart disease, heart failure (2 marks)
- - Pulmonary causes: COPD, pulmonary fibrosis, pulmonary embolism (2 marks)
- - Hematologic causes: Methemoglobinemia (1 mark)

7. Suggested Investigations

- - Arterial blood gases (ABGs) (1 mark)
- - Chest X-ray (1 mark)
- - ECG (1 mark)
- - Echocardiogram (1 mark)

8. Communication Skills

- - Summarizes findings clearly (2 marks)
- - Explains further management and investigation plan to the patient (2 marks)
- - Professional demeanor and patient interaction (1 mark)

Total Marks:

25

Examiner Notes:

The student should be observed for thoroughness in their clinical examination, particularly in differentiating central from peripheral cyanosis. The student should correlate clinical signs with possible diagnoses. Clear and professional communication is essential when explaining findings and next steps to the patient.

Patient Script (Simulated Patient Role):

The patient should appear breathless but not in acute distress. Lips and nail beds should be painted or simulated to have a bluish hue. Patient complains of fatigue and shortness of breath on exertion. If asked, the patient denies chest pain, but notes a history of smoking (if COPD is a consideration).

