
Contents

Preface xi

Introduction xiii

1 Patient Assessment 1

Communication 1
History taking 3
The functional enquiry 6
The physical assessment 8
General inspection 11
Respiratory examination 12
Cardiovascular examination 14
Gastrointestinal examination 17
Neurological examination 18
Musculoskeletal examination 24
Post examination 25
Conclusion 25

2 Emergencies 27

Anaphylaxis 27
Cardio-respiratory arrest 29
Ethical Issues 36

3 Acute Poisoning and Drug Overdose 41

Deliberate self-harm 41
Paracetamol overdose 45
Aspirin overdose 48
Tricyclic antidepressant overdose 51
Heroin overdose 53
Alcohol overdose 54
The National Institute for Clinical Excellence (NICE) self-harm guideline 56
Alcohol withdrawal 58
Drug withdrawal 60

- 4 Infection 65**
 - Sepsis and septic shock 65
 - Meningitis 67
 - Infective endocarditis 71
 - Gastroenteritis 75
 - Urinary tract infection (UTI) 77
 - Fever in the returning traveller 79
 - Hot swollen joints 83
 - Antimicrobial resistance 86

- 5 Respiratory Conditions 89**
 - Asthma 89
 - Chronic obstructive pulmonary disease (COPD) 93
 - Pulmonary embolism 96
 - Community and hospital acquired pneumonia 100
 - Pneumothorax 104
 - Type I respiratory failure 106
 - Type II respiratory failure 108

- 6 Cardiovascular Conditions 113**
 - Acute coronary syndromes (ACS) 113
 - Stable angina 113
 - Unstable angina 114
 - Non-ST elevation myocardial infarction 116
 - ST elevation myocardial infarction 117
 - DIGAMI 121
 - Arrhythmias 121
 - Bradycardia 123
 - Tachycardia 126
 - Atrial fibrillation (AF) 129
 - Cardiac failure 132
 - Deep vein thrombosis (DVT) 134
 - Aortic dissection 136
 - Cardiac tamponade 138

- 7 Gastrointestinal Conditions 143**
 - Upper gastrointestinal bleeding (GI bleed) 143
 - Variceal bleeding 145
 - Acute liver failure with encephalopathy 147
 - Acute ulcerative colitis and crohn's disease 149

- 8 Metabolic Conditions 153**
 - Diabetic ketoacidosis (DKA) 153

- Hyperosmolar non-ketotic state (HONK) 155
- Hypoglycaemia 157
- Hyperglycaemia in the critically ill patient 159
- Hypercalcaemia 162
- Hyponatraemia 164
- Hypernatraemia 166
- Hypokalaemia 168
- Hyperkalaemia 170
- Addisonian crisis 172
- Thyroid crisis (thyroid storm) 174
- Myxedema crisis 177

- 9 Neurological Conditions 181**
 - Status epilepticus 181
 - Stroke 184
 - Transient ischaemic attacks (TIA) 186
 - Isolated seizure and unexplained loss of consciousness 188
 - Headache 190
 - Subarachnoid haemorrhage (SAH) 192
 - Spinal cord compression 195

- 10 Renovascular Conditions 197**
 - Acute renal failure (ARF) 197
 - Accelerated (malignant) hypertension 199

- 11 Elderly Care 203**
 - Hypothermia 203
 - Confusion 205

- 12 Haematological Conditions 209**
 - Severe anaemia 209
 - Sickle cell crisis 212
 - Neutropenic sepsis 215
 - Blood transfusion guidance 217

- 13 Advanced Practice 223**
 - An overview of advanced practice 223
 - The challenges of advanced practice 225
 - Legal perspective 225
 - Ethical principles 226
 - Informed consent 228
 - Assessment of capacity 229
 - Prescribing 231

Patient group directions 233
Conclusion 234

Appendices

Appendix I Examples of Clinical Management Plans 237
Appendix II Examples of Patient Group Directions 245

Glossary 255

Index 259