



Indira Gandhi National Open University

School of Health Sciences

Maidan Garhi, New Delhi-110 068

LOG-BOOK

MCCL-003

MANAGEMENT OF COMMON CARDIOVASCULAR DISEASES

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Name :

Enrolment No. :

Address :

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1. GENERAL INSTRUCTIONS TO STUDENTS

This log-book is a compulsory component of the Management of Common Cardiovascular Diseases (MCCL-003). You are required to maintain all the learning activities that you perform as a part of this course. You are required to fill up the case record proforma at PSC as mentioned. You will only fill up the log of activities in the space provided against the respective activities separately.

1.1 Objectives

The objectives of the log-book are to:

- enable the counsellors to have a first hand information about the activities performed by you;
- assess the **clinical/academic** experience gained by you;
- help you in planning your activities in advance so that you could **complete** them within the time frame; and
- document your input towards the practical component in this course of PGDCC Programme.

1.2 How to use the Log-book?

Your academic counsellors will help you to learn many practical skills in your day to day ward **posting**. You will come across different variety of cases in a repeated manner which enhance your learning process: We are expecting you to fill at least **50 different** cases to monitor and evaluate your day to day activity. Although the actual number of cases attended by you is much more, the cases recorded in this log-book are just representative of your **learning** activity.

Please ensure that whenever a case is seen by you at PSC or you participate in a **demonstration/seminar** or any other activity at PSC, it should be countersigned by the respective counsellor under whom the activities had been carried out. You are expected to carry out following activity in your ward posting.

1) History and Examination

You will be demonstrated how to take history and do general physical examination of a patient. You shall also be demonstrated how to undertake a systemic procedure for examining the following systems:

- a) Cardiovascular system
- b) Respiratory system
- c) GI system
- d) Musculoskeletal system
- e) Nervous system
- f) Genitourinary system

Thereafter cases will be allotted to you in the **OPD/ward** for working up and management of that case. This will continue throughout your posting. You will be required to take and record at least **50 different cases** in the **PSC**. Your counsellor will inform you in advance about the case to be evaluated. Please take care that you are maintaining the records of different types of patients.

2) Investigations

Necessary investigation regarding the patient has to be carried out and interpretation of results of all these **investigations** will help you further management of the patient.

3) **Bedside Procedures**

You shall be demonstrated the different bedside procedures to manage the patient in your ward by the PSC counsellor. You must try to practice each procedure at least once in the PSC and record in your log-book. You will be evaluated on the basis of procedures performed by you. In case you perform a procedure on more than one patient you may only write down a one-line statement of the details of these procedures.

4) **Reading of X-rays**

You will be demonstrated how to read x-rays of the chest and other relevant system at the PSC. You must learn how to read a normal x-ray and then pick out the abnormalities. You will be shown the x-rays of patient with following diseases/syndromes related to cardiovascular diseases.

- a) Normal chest x-ray
- b) Cardiomegaly
- c) Chest x-ray of pericardial diseases
- d) Chest x-ray of valvular heart diseases
- e) Other relevant x-ray

5) **Reading of ECG**

You will be demonstrated how to perform and interpret a normal ECG and to pick up the following abnormalities.

- a) Right ventricular hypertrophy
- b) Left ventricular hypertrophy
- c) Myocardial infarction
- d) Acute coronary syndrome
- e) AV heart block
- f) Supraventricular arrhythmias
- g) Paroxysmal supraventricular tachycardia
- h) Atrial flutter
- i) Atrial fibrillation
- j) Ventricular tachycardia
- i) Other important abnormalities.

6) **Drug Prescription Writing**

You will be shown how a drug prescription should be made. You will be provided simulated case histories. Prepare drug prescription for them and record at least fifty cases in the log-book.

2. HISTORY AND EXAMINATION RECORD FORM

Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					
19.					
20.					

Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
21.					
22.					
23.					
24.					
25.					
26.					
27.					
28.					
29.					
30.					

Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
31.					
32.					
33.					
34.					
35.					
36.				/	
37.					
38.					
39.					
40.					

Sl. No.	Date	Name and Admission No.	Diagnosis	Signature of Student	Signature of Counsellor
41.					
42.					
43.					
44.					
45.					
46.					
47.					
48.					
49.					
50.					

Past History

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Family History

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Risk Factors

Risk Factors	Yes	No	Not Known	Duration	Drugs
Diabetes					
Hypertension					
Dyslipidemia					
Smoking					
F/H of CAD					
Obesity					
Alcohol					
Any other addiction					

Previous Cardiovascular Intervention History

Intervention	Yes	No	Duration
CABG			
PTCA			
Stent			
Valve Replacement			
Valve Repair			
Other Surgeries			

Physical Examination

Weight		Height	
BMI		Anaemia	
Pallor		Cyanosis	
Jaundice		Jugular Venous Pressure	
Lymph Nodes		Clubbing	
Oedema			
BP-Lying		BP-Standing	

Pulse

Arterial Pulses

Artery	Right	Left	Bruit
Carotid			
Subclavian			
Brachial			
Radial			
Femoral			
Popliteal			
Posterior Tibial			
Dorsalis Pedis			

Jugular Venous Pressure.....

Systemic Examination

Cardiac Examination.....

a) Inspection
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b) Palpation and Percussion
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c) Auscultation
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Respiratory System

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Abdomen

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Palpation

Organ	Normal	Abnormal
Liver		
Spleen		
Gall Bladder		
Kidney		
Lymph Node		
Masses		
Aneurysm		

Other Relevant System (CNS, Musculo-skeletal etc.)

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Investigation

ECG (Date and time),,.....

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X-Chest (Date and time)

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Echocardiography (Date and time)

Trade Mill Test

Other lab data

Hemoglobin ESR Creatinine
Blood Glucose -Cholesterol LDL
HDL VLDL Triglyceride
Others

Cardiac Enzyme

Creatine phosphokinase (CK)..... CK - MB..... Troponin I
Troponin T Myoglobin..... Others.....

Provisional Diagnosis

- 1)
- 2)
- 3)
- 4)
- 5)

Final Diagnosis

Treatment

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Summary

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Signature of Student

Name and Signature of Academic Counsellor

Name Age Sex : M/F Date..... Admission No.

Marital Status Education Occupation

Address

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Complaints

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History of Present Illness

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