



Indira Gandhi National Open University

School of Health Sciences

Maidan Garhi, New Delhi -110 068

LOG-BOOK

MCCL-005

PREVENTIVE CARDIOLOGY

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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 Preventive Cardiology Course (MCCL-005). 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 camp organized by PSC as mentioned. You will only fill up the log of activities in the space provided against the respective activities separately.

1 . Objectives

The objectives of the log-book are to:

- enable the counsellors to have 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 Preventive Cardiology posting. You will come across different variety of cases in a repeated manner which enhances 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 community level, 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 community posting.

1) History and Examination

You have already demonstrated how to take history and do general physical **examination** of a patient. You already know how to undertake a systemic procedure for examining the following systems:

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

Thereafter cases will be allotted to you 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 community posting. Your counsellor will inform you in about the case to be evaluated. Please take care that you are maintaining the records of different types of patients.

2) Bedside Procedures

You must try to practice each procedure at least once in the camp or community level **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.

3) Investigations

Necessary investigations regarding the patient has to be carried out and interpretation of results of all these investigations will help you further management of the patient. You may not able to carry out investigations because of resource constrain. In this case you are requested to advice the patient for further investigations.

4) Reading of X-rays

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 cardio-vascular 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
 - k) Other important abnormalities.
- 6) Interpretation of Echocardiography

You have to perform and interpret echocardiography for the identification of the diagnosis and further treatment. You are expected to identify the following:

- Proper positioning of the patient for transthoracic scanning;
- Configuring the ultrasound system for adult and paediatric cardiac imaging;
- Acquiring proper imaging planes and identifying tomographic cardiac anatomy/abnormalities including:
 - Parasternal long axis view
 - RV inflow view
 - Parasternal short axis view (basal, mid and apical levels)

- Superior angulation for pulmonary artery view
 - Apical 4 chamber view
 - Apical 2 chamber view
 - Apical long axis view
 - Subcostal long and short axis views
 - Subcostal inferior venacaval and descending aortic views
 - Suprasternal view.
- Utilize M mode scan line and sweep speed adjustment;
 - Utilize probe wave/continuous wave Doppler adjustment;
 - Adjustment of gain time, gain compensation, sector size and depth with colour Doppler imaging;
 - Understand the fundamental physics of ultrasound imaging;
 - Understand the relationship of transducer frequency to imaging goals;
 - Correctly interpret normal and abnormal anatomic relationships; and
 - Synthesise the appropriate clinical indication for echocardiography and its impact on clinical decision making.

7) Drug Prescription Writing

You need to prepare drug prescription for the patient and advise him/her the necessary things. The patient may be needed to refer to tertiary hospital for further investigations and proper management. You are requested to counsel the patient for further management. During counselling sessions you should take care of the social, cultural and financial and other related aspects of the patient. You have to record at least fifty cases in the log-book.

2. HISTORY AND EXAMINATION RECORD FORM

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

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

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

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

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

Identification Data and Personal History

- a) Date of Assessment
- b) Name Age Sex
- c) Marital Status Education Occupation
- d) Address
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Complaints

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History of Present Illness

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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 Cardio-vascular Intervention History

Intervention	Yes	No	Duration
CABG			
PTCA			
Stent			
Valve Replace			
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

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Arterial Pulses

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

Juglar Venous Pressure

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Systemic Examination

Cardiac Examination

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a) Inspection

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b) Palpation and Percussion

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c) Auscultation

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Respiratory System

Respiratory Rate

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The Abdomen

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Palpation

Organ	Normal	Abnormal
Liver		
Spleen		
Gallbladder		
Kidney		
Lymph Node		
Masses		
Aneurysm		

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

Describe:

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Investigation

ECG (Date and time)

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Echocardiography

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Trade Mill Test (if possible at that time or Previous report)

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Chest X-ray (Previous report if available)

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Other lab data (recommended for patient or previous report relevant to the diagnosis)

Hemoglobin ESR.....

Creatinine..... Blood Glucose.....

Cholesterol..... LDL.....

HDL VLDL.....

Triglyceride.....

Cardiac Enzyme

Creatine phosphokinase (CK)CK-MB.....

Troponin ITroponin T

Myoglobin.....Others.....

Provisional Diagnosis

1)

2)

3)

4)

5)

Final Diagnosis

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Treatment and further referral (if necessary)

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Summary

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Signature of Student

Name and Signature of Academic Counsellor