

## asthma

### Breathlessness

O: over hours  
wakes patients

Variable

after exercise, during early recovery

### Wheeze

after exercise

wake with wheeze during the night

### Chronic cough

Affects children and some adults

Often present at night

family history of wheeze or asthma

### Sputum

Yellow (mucopurulent)

Firm 'plugs'

family history of asthma

Hyperinflation

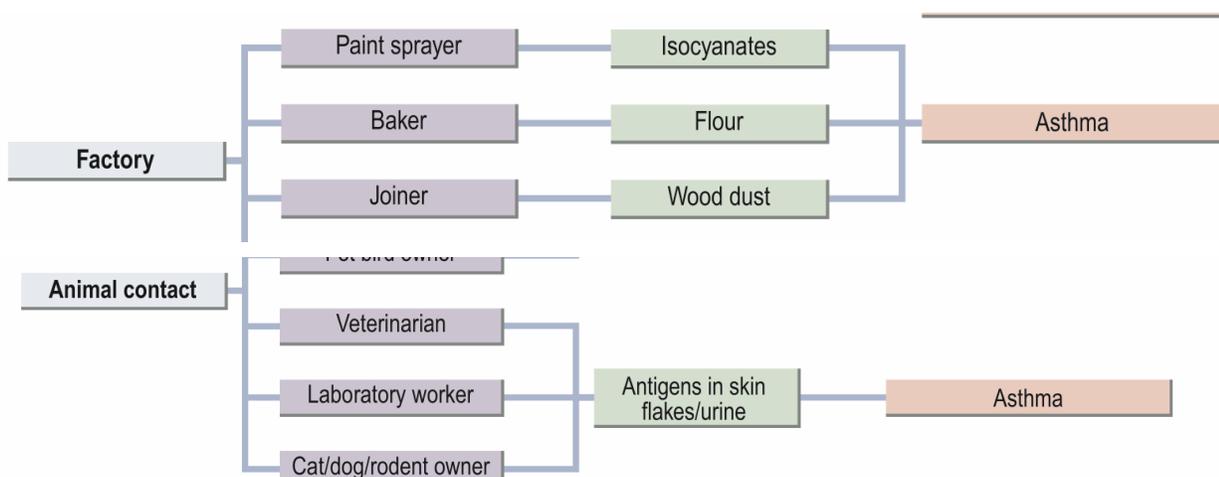
Pet

Polyphonic expiratory wheeze, eczema

Color Code :

Purple > disease

Red > symptom



## **allergic asthma**

Atopy

fever or other allergies

Same features as asthma

**Past history** : Eczema , fever

## **COPD (chronic obstructive pulmonary disease)**

### **Breathlessness**

Chronic

comfortable at rest and when asleep but struggle with exertion

consistent daily limitation

### **Wheeze**

during exercise and limits it

worse on waking in the morning and relieved by

clearing sputum

### **Chronic cough**

intermittent sputum

### **Sputum**

Clear (mucoid) without current infection

### **Weight loss**

Smoking

hyperinflation

prolonged expiration relative to inspiration

pursed-lip

paradoxical inward movement, caused by contraction of the abnormally low flat diaphragm

This striking sign (paradoxical rib cage movement or 'Hoover's sign') may be missed if expansion is assessed only in the upper chest or from behind.

## Exacerbation of asthma and COPD

thin chest wall and increased respiratory drive

forced, rapid inspiration often causes visible indrawing of the skin in the intercostal spaces during inspiration, seen more easily with tangential light

## bronchiectasis

### Chronic cough

Pneumonia or whooping cough in childhood

Recurrent haemoptysis

### Sputum

Clear (mucoid)

increase in stickiness (viscosity) may indicate exacerbation

### Hemoptysis

Recurrent blood streaks in purulent sputum over years

### Chest pain

Non-Central Pleural

### Weight loss

**Past history :** \* Whooping cough, measles, Recognised causes of bronchiectasis, inhaled foreign body especially if complicated by pneumonia

\*Pneumonia, pleurisy

\* Connective tissue disorders, e.g. rheumatoid arthritis

### clubbing

exacerbations of It : Wheeze

daily volumes of yellow or green sputum, sometimes with blood

Large volumes of sputum over long periods

## **pneumothorax**

### **Breathlessness**

**O: sudden**

### **Chest pain**

#### **Non-Central Pleural**

chest drainage or rib fracture, and feels like a palpable crackling under the skin of the upper thorax and neck.

**Resonance on percussion together with unilateral absent breath sounds**

**Diaphragmatic excursion Less than 5-8 cm**

## **Tension pneumothorax**

**^ JVP**

**Tracheal deviation away from the affected side**

## **pneumonia**

**Pleuritic pain, rusty sputum, rigors**

**Delay in Capillary refill**

**Dull**

**Bronchiql breathing**

**Diaphragmatic excursion Less than 5-8 cm**

**Vocal resonance, whispering pectoriloquy, Aegophony**

## **pneumococcal pneumonia**

### **Sputum**

**Red/brown (rusty)**

## **acute allergy**

### **Breathlessness**

**O: sudden**

## pulmonary embolism

### Breathlessness

O: sudden

### Hemoptysis

sudden episode of a small volume of blood with pleuritic pain

### angina-like chest pain

increased right ventricular work together with reduced coronary oxygen delivery caused by hypotension and hypoxaemia, resulting in **right ventricular ischaemia**.

^ JVP

Pulmonary embolism:

Large	Sudden, severe dyspnoea	Normal breath sounds
Medium	Episodes of pleural pain, haemoptysis	Pleural rub, swollen leg if deep vein thrombosis, crackles if infarct
Multiple small	Progressive dyspnoea	Raised jugular venous pressure, right ventricular heave, loud pulmonary second sound

## acute pulmonary oedema

### Breathlessness

O: over hours

### Sputum

Pink (serous/frothy)

## acute or chronic respiratory tract infections

### Sputum

### Hemoptysis

## acute infections

### Breathlessness

O: over hours

### Wheeze

### Sputum

Purulent yellow

## **Pulmonary infarction**

### **Chest pain**

**Non-Central Pleural**

## **Pulmonary effusions. Fluid**

### **Breathlessness**

**O: insidious Progressive**

**Past history :** Connective tissue disorders, e.g. rheumatoid arthritis  
ovarian malignancy

**Dull + reduced breath sounds**

## **interstitial diseases**

### **Breathlessness**

**O: insidious**

**Chronic**

### **Chronic cough**

**Persistent dry cough Fine inspiratory crackles at bases**

### **Weight loss**

**small, stiff lungs, diminishes thoracic volume and raises resting respiratory rate.**

## **Pulmonary fibrosis**

### **Progressive dyspnoea**

**cyanosis**

**clubbing**

**Tachypnoea**

**inspiratory fine crackles at bases**

**Vocal resonance, whispering pectoriloquy, Aegophony**

## **Cystic fibrosis**

**autosomal recessive diseases**

**Most patients with cystic fibrosis have unaffected carrier parents but many have affected siblings.**

**Steatorrhea**

**Clubbing**

## Acute bronchitis

Fever Wheeze, cough, sputum

### Hemoptysis

short history of streaks of blood with purulent sputum

## chronic bronchitis

### Cough

Smoking

green or yellow sputum

### Sputum

Mucoid clear grey

## Persisting airway reactivity following acute bronchitis

Recent acute-onset cough and sputum

## tuberculosis

### Hemoptysis

Recurrent blood streaks in purulent sputum over weeks

### Chest pain

Non-Central Pleural

### Night sweats

### Weight loss

## pleural disease

Chest pain worsening with cough or deep breaths

## Pulmonary hypertension

^JVP

lower sternum is lifted by the cardiac cycle (right ventricular heave).

**tumours**

**Breathlessness**

**O: insidious**

**Cough**

**Smoking**

**Persistent cough**

**Any haemoptysis**

**Pneumonia that fails to clear in 4–6 weeks**

**Hemoptysis**

**Recurrent streaks of blood in clear sputum**

**Cancer with infection >> Recurrent blood streaks in purulent sputum over weeks**

**Chest pain**

**Non-Central Pleural and chest wall**

**Night sweats**

**Weight loss**

**clubbing**

**Cervical lymphadenopathy, signs of lobar/lung collapse ± effusion**

**uncommon bronchoalveolar cell carcinoma**

**Sputum**

**Large volumes of frothy secretions overweeks/months**

**acute viral upper respiratory tract infections**

**Cough is most commonly a symptom**

**usually self-limiting over days to weeks.**

**acute lower respiratory tract infections**

**Sputum**

**Yellow (mucopurulent)**

**current infection – acute disease or  
exacerbation of chronic disease, such as COPD**

**Sputum**

**Green (purulent)**

**Rhinitis with postnasal drip**

**Chronic cough**

**Chronic sneezing**

**nasal blockage/ discharge**

**Sputum**

**Clear (mucoïd)**

**psychological aetiology of breathlessness**

**Breathlessness**

**In patients with hyperventilation due to anxiety, this symptom is frequently accompanied by a normal measured vital capacity.**

**Associated symptoms induced by hypocapnia in hyperventilation include digital and perioral paraesthesiae, lightheadedness and sometimes chest tightness.**

**Idiopathic cough**

**Long history with no signs and negative investigations**

**Oesophageal reflux**

**Chronic cough**

**Heartburn or regurgitation of acid after eating, bending or lying Nocturnal as well as daytime cough**

**bacterial sepsis; lobar pneumonia and acute pyelonephritis**

**Rigors**

**Rarely, systolic downward movement of the trachea is felt in patients with aortic aneurysm (sometimes called 'tracheal tug').**

**heart failure**

**Breathlessness**

**orthopnoea**

**JVP increased**

**LL edema**