

How to use the clinical worksheets

Imagine sitting at the clinical bedside and your patient's CC is "fatigue". First, we know there are a wide array of directions this complaint may go, and autoimmune diseases (AID) is one of them. Next, you would pull this sheet out (you would have a few copies made ahead of time in a folder) and while you are looking up your patient's history, medications, etc. you would start gathering AID specific information. You would also see the specific questions related to s/sx, and labs that may need to be gathered and may help you in your interview of the present illness. It makes it so much easier to "circle" the answers than write them all out too, which is why everything is already written out for you. May help prompt you to remember a few things as well 😊. After you gather all your information then it will help you devise your plan, as well as see how many points you already have. This is not a replacement for good data collection or subjective query, just a way to prompt and organize. I found these worksheets are very helpful in the beginning of my career. They also helped me organize my SOAP notes.

My hope for you is that you start making your own (we all have our own style) and when you are putting them all together it starts making more sense. Looking at diagnostics specifically may have not been a big portion of your learning, but here it is the main concept I want you to focus on. Diagnostic interpretation is key to making an astute and accurate diagnosis. SO I hope these help 😊

I hope you like them 😊 Happy learning and changing the world >> NP's Rule.

NP POV: if your patient is complaining of something work it up, you have a differential for a reason. If fatigue is a main complaint, that has such a wide etiology, so do not wait for a +ANA then do basics. Maybe they have anemia, or any of the other DDX, you could start working that up too. Do not go crazy as you need a reason to order labs, but within reason work it up.