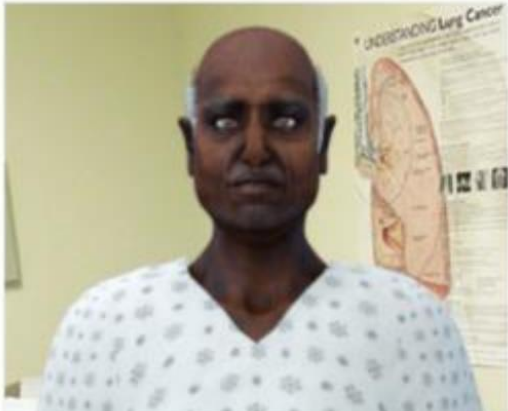


**Darius Davis** 62 y/o  
6' 1" (185 cm)  
188.0 lb (85.5 kg)  
**Chief complaint**  
Chest pain



**Darius Davis**

62 y/o  
6' 1" (185 cm)  
188.0 lb (85.5 kg)

**Chief complaint**  
Chest pain

Current Visit

HPI (history of present illness)

Name: Darius Davis  
Age: 62 years  
Sex: M  
Height: 6' 1" (185.0 cm)  
Weight: 188 lb (85.0 kg) (BMI 24.8)

Chief complaint: Chest Pain

HPI: Mr. Darius Davis is a sixty-two-year-old African American male presenting to the clinic with chest pain. Patients state that the first incident occurred two months ago after he was raking minutes and that the pain is in the middle of his chest that radiates to his throat and that he feels pressure. He rates the pain five out of ten on the pain scale. Aggravation factors include working outdoors such as

raking leaves, carrying heavy packages, climbing stairs, and when emotionally upset. Relieving factors include rest. He says the chest pain lasts ten-fifteen minutes and then goes away. The patient has a history of GERD, Hypertension, Hypercholesterolemia, and smoking.

	HPI	PMH	Rx	Allergies	Preventive Health	FHx	SHx	ROS	PE	Assessment	Plan
Current Visit	PMH (previous medical history)										
1 year, 1 month ago	Other active problems: Chest Pain Current										
Current Visit	FHx (family history): Father: deceased at age 68; CAD/multiple MIs Mother: deceased at age 71; CVA Younger brother: age 58; DM Older sister: age 71; CAD										
1 year, 1 month ago											
Current Visit	HPI	PMH	Rx	Allergies	Preventive Health	FHx	SHx	ROS	PE	Assessment	Plan
Current Visit	SHx (social history): Tobacco: heavy smoking since age 14; recently "cut back" to one pack/day > 50 pack-year history Alcohol: a "few beers" after work once or twice per week Recreational/Illicit substances: denies										
1 year, 1 month ago											
Current Visit	HPI	PMH	Rx	Allergies	Preventive Health	FHx	SHx	ROS	PE	Assessment	Plan
Current Visit	SHx (social history): Tobacco: heavy smoking since age 14; recently "cut back" to one pack/day > 50 pack-year history Alcohol: a "few beers" after work once or twice per week Recreational/Illicit substances: denies										
1 year, 1 month ago											
Current Visit	ROS (review of systems - from Pt. interview)										
1 year, 1 month ago	General/ Constitutional: Denies fever, weight changes, difficulty sleeping, and night sweats										
	Skin/Breast: Denies itchy scalp, skin changes, moles, thinning hair, and brittle nails										
	HEENT & Neck: Denies hearing and seeing changes. Denies swallowing issues										

Current Visit	PE (physical exam)	
1 year, 1 month ago	Vitals:	
	Skin:	Warm, dry
	Temp:	98.6 F
	Pulse:	62, rhythm: regular, strength: normal
	BP:	left: 130/92, assessment: elevated, pulse pressure: normal
	Respiration:	15, rhythm: regular, effort: unlabored
Skin/Breast:	Skin is warm and dry. No pallor, jaundice, rash, scaling or ulceration. Molting noted on feet bilaterally	
HEENT & Neck:	Eyelids: No ptosis erythema or swelling, Conjunctive: Pink, no discharge, Sclera: anicteric, Orbital area: no edema, redness, tenderness, or lesions noted. Ears: Normal appearing external structures, no deformities or edema, no discharge noted Neck: thyroid is firm and is nodules palpated	
Cardiovascular:	Sinus rhythm.	
Respiratory:	Lung sounds clear to auscultation	
Abdomen/ Gastrointestinal:	Chest is atraumatic, symmetrical barrel-chested suggestive consistent with a history of smoking. Normal respiratory effort and excursion. No gynecomastia	
Genitourinary:	Deferred	

Show Patient

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# I Human case study – Darius Davis – Chest Pain and Case Study Latest Updates

## Patient Education Summary for Darius Davis – Chest Pain & Heart Health

### 1. Understanding Your Condition

- Your chest pain may be due to coronary artery disease (CAD), where the arteries supplying your heart have narrowed, reducing blood flow.
- This can cause angina (chest discomfort), especially during activity.

### 2. Symptoms to Watch For

- Chest pain or pressure that occurs with exertion and goes away with rest.
- Shortness of breath, nausea, dizziness, or sweating along with chest pain.
- Pain that lasts longer than 10–15 minutes or occurs at rest could be a heart attack—seek emergency care immediately.

### 3. Medications & How They Help

- Aspirin or Clopidogrel → Prevents blood clots.
- Beta-Blockers (e.g., Metoprolol) → Reduces heart workload and prevents angina.
- Nitroglycerin (PRN, under the tongue) → Relieves chest pain quickly.
- Statins (e.g., Atorvastatin) → Lowers cholesterol and prevents plaque buildup.
- Blood Pressure Medications (e.g., Lisinopril, Amlodipine) → Helps protect your heart.

◆ Take medications as prescribed. Do not skip doses.

◆ Report side effects to your doctor.

### 4. Lifestyle Changes for Heart Health

✓ Quit Smoking → Smoking increases heart disease risk. Consider nicotine replacement or medications like Varenicline.

✓ Eat a Heart-Healthy Diet → Low salt, more fruits/vegetables, lean protein, whole grains, and healthy fats (like olive oil).

✓ Exercise Regularly → Aim for 150 minutes/week of moderate activity, like walking or cycling.