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Prompts for Reflection on PD Lab H&Ps

Please review both H&Ps that you have uploaded and respond to these prompts with 2-5 sentences for each:

1. What differences do you note between the two H&Ps?
I have noticed better organization and flow between my HPIs. I have learned to become more succinct with my words in the 3rd HPI. There is a difference in vernacular, particularly in the way I paint a picture about the patient. I would say the biggest difference lies in the HPI portion.
2. In what ways has your history-taking improved? Are you eliciting all the important information?
As I progressed with each hospital visit I found myself taking quicker a quicker history. I focused on the more relevant information to the patient case rather than asking about every single thing. This allowed me more time to evaluate and assess the patients. However, I have noticed taking a focused history does not always allow me to elicit all the information.
3. In what ways has writing an HPI improved? (hint: look at the rubric scores)
My HPI skills have significantly improved. This is particularly seen in the way I explain the time-frame of symptoms and getting pertinent positives. I have learned to be descriptive as possible when it comes to explaining an acute or chronic nature of things or the amount of times or course length of symptoms. I have gotten better at including pertinent positives and negatives to help rule in and rule out possible diagnosis.
4. What is your self-assessment of your current skill in performing a physical exam? Which areas do you feel strongest about/weakest about?
I would say my skills for HEENT feel great because we have had a longer sum of time to review it and practice it. My weakest part of performing a physical exam is the cardiac and lung portion. I find that it's difficult to auscultate for normal sounds because I am not sure how they are supposed to sound to begin with. However, I find that I continue to get more and more comfortable performing on a patient.
5. Of course we expect you to get stronger in all areas, but which of the specific areas will you target as needing particular focus in future patient visits when you start the clinical year?
I would like to get better at taking a quicker ROS. I find that takes me the longest because there are so many details I don't want to miss. A specific area that I would like to focus on in future patients is trying to elaborate on pertinent positive findings in the ROS. When I look back at my assignments, I did not go through OLDCARTS to flush out the story behind the positive findings during the ROS portion.