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Prompts for Reflection on PD 2 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 and I have expanded the PE sections 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 PE sections because we learned how to do a full physical exam this semester.
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 a quicker history because I was able to run through OLD CARTs and focus on pertinent positives and negatives. This took a lot of practice, but it has allowed me more time to evaluate and assess a patient. Overtime I have noticed I am able to elicit all the important 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 PE skills for Neuro and MSK are my strongest because I have created a system that flows well that run throughs this. My weakest part of performing a physical exam is the abdominal portion because 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 more focused physical exam. I find that takes me the longest because there are so many details I don't want to miss. When beginning the clinical year, I want to master a systematic physical exam that will allow me to assess the patient in full yet provide me further indications on areas that need more attention.