

Keio University School of Medicine  
International Clinical Clerkship Preparation Course  
2020

101 回生

**Pre-course Handout  
And Preparatory Reading**

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# Course Overview

## Introduction

This course has been designed and developed for students preparing to participate in clinical environments outside of Japan. Participating in clinical electives outside of your home country can be an invaluable experience, exposing you to a different health care system, culture, language, and way of life. We hope that you will make the most of the opportunity and that it will provide you with new skills, knowledge and memorable experiences.

The course has grown and evolved to include: English-speaking simulated patients, video demonstrations, small group feedback sessions, and many additional activities and resources.

## Course objectives

The course has been designed to improve your abilities across six core competencies as detailed below:

1. Communicating with native and non-native English speakers
2. Taking a basic medical history in English
3. Developing the skills necessary in taking a focused history
4. Performing a basic physical examination in English
5. Describing/presenting a patient in English
6. Discussing possible differential diagnoses for a patient in English
7. Explaining medical concepts in simple English

## Structure

The course is composed of the following components:

1. Short interactive lectures and workshops
2. Online videos
3. Simulated patient interactions
4. OSCE-style practice cases with personalised feedback

## **Suggested Preparation**

### **Videos**

We have prepared a number of demonstration videos for you to watch before, during, and after the course. The videos cover basic history taking, physical examinations, presenting cases, and discussing investigations. We recommend that you watch all of the videos at least once before the course starts and become familiar with the language used.

The language in the videos has been chosen to be some of the simplest and easiest to understand for patients in many different English-speaking countries. However, please remember that this is just one example of how to take a history or give instructions and explanations to a patient. Please do not attempt to memorise the phrases used. Instead, we recommend that you try to develop your own questions so that it is more natural for you.

### **Templates and example scripts**

We have created a series of templates and example scripts that you can use for taking a history or performing a series of key physical examinations. Please familiarise yourself with the language used and the different sections of the history and examinations.

### **Practice**

We strongly recommend that you regularly practice history taking and physical examinations, in English, with friends, family members, or colleagues. Do not be afraid to make mistakes and try new things. You will gain confidence and competence much more quickly if you practice, rather than just reading scripts or watching videos. You can use the feedback template provided in this booklet to obtain feedback after each time you take a history. You could also record or video yourself so that you can more critically examine your performance.

# Medical Interview Basic Template

## 1. Introduction

- **Greeting**
  - “Hello/ good morning/ good afternoon/ good evening”
- **Self-introduction**
  - “I am (full name), one of the student doctors working in this hospital. May I ask you some questions?”
- **Confirm patient identity**
  - “Please can I confirm your full name? Are you Mr/Ms (full name)?”
  - “Can I confirm your date of birth please?”

## 2. Chief concern/complaint

- “How can I help you today?”
- “Please can you tell me about why you came to the hospital?”
- “What can I do for you today?”

## 3. History of present illness (HPI)

- “Please can you describe your (main problem) in more detail?”
- **Onset**
  - “What were you doing when the pain started?”
- **Provoking and palliating**
  - “Does anything make the pain better?”
  - “Does anything make the pain worse?”
- **Quality**
  - “Can you describe what the pain feels like?”
  - “Is the pain sharp or dull?”
- **Region and radiation**
  - “Can you show me exactly where the pain is?”
  - “Does the pain move anywhere?”
- **Severity**
  - “On a scale from 0 to 10, if 0 is no pain and 10 is the worst pain you have ever felt, how strong is your pain now?”
  - “.....how about when is first started?”
- **Timing**
  - “When did the pain start?”
  - “Is the pain constant or does it come and go?”

## 4. Review of systems/other symptoms

- “Do you have (cough, fever, shortness of breath, rash etc.)?”
- “Do you feel (tired, sad, low in energy, guilty etc.)?”
- “Have you noticed any change in your (weight, appetite, mood, urine, vision etc.)?”

## **5. Past medical, family, and social history**

- **Previous**
  - “Have you had this (symptom) before?”
- **Allergies**
  - “Are you allergic to any medication, food, or anything else?”
- **Medications**
  - “Are you currently taking any medications or supplements?”
- **Hospitalizations**
  - “Have you been hospitalized before?”
- **Illness**
  - “Do you suffer from any health problems?”
- **Trauma**
  - “Have you ever had any major accidents or injuries?”
- **Surgery**
  - “Have you ever had surgery/any operations?”
- **Family history**
  - “Do any health problems run in your family?”
- **Obstetrics and gynecology**
  - “Are you currently pregnant?”
  - “When was your last menstrual period?”
- **Sexual history**
  - “Have you had any sexual health problems in the past?”
  - “Are you currently sexually active?”
- **Social history**
  - “Do you smoke tobacco?”
  - “What is your occupation/job?”
  - “Have you ever taken any recreational drugs?”
  - “Do you drink alcohol?”
  - “Have you travelled anywhere abroad recently?”

## **6. Summary**

- “I will now summarize what you have told me.”
- “Is that correct?”
- “Is there anything else that you would like to tell me?”

## **7. Questions**

- “Do you have any questions for me?”

## **8. Closing**

- “Thank you for speaking with me.”

# Physical Examination Example Scripts

## How to use these transcripts

This guide displays a number of instructions that I give to patients when I perform a physical examination. Please note, however, that this is just one way to explain to a patient how you will perform an examination. There are other ways to give instructions that work just as effectively. Also please note that, sometimes, memorising phrases can sound a little cold and unnatural. If you can re-phrase the instructions into your own words, even if the grammar is not perfect, you will often generate greater rapport with the patient. Whenever you give instructions to patients please remember to keep your instructions clear, concise and without too much medical vocabulary.

## Structure

It is a good idea to explain to the patient in a number of simple steps:

Step 1. **What** you are going to do.

e.g "I'm now going to listen to your chest."

Step 2. **Why** you are going to do it.

e.g "To make sure everything is o.k." (This is usually enough explanation!)

Step 3. **Instructions** for the patient.

e.g "Please sit forward and breathe normally."

Often I only include step 2 if the examination is difficult, unusual or painful. Otherwise it is not always necessary to justify every action you take.

## General starting phrases

"I'm now going to examine you to check your (heart/lungs/face/arms/legs etc)."

"Please let me know if you have any pain or discomfort at any time."

# **Cardiovascular Examination**

## **Starting phrase**

"I'm now going to examine you to check your heart."  
"Please let me know if you have any pain or discomfort."

## **General inspection**

"I'm going to have a look at you to see if there are any problems."

## **Hands**

"Please hold out your hands."  
"Please do this." (clubbing)

## **Pulse**

"I'm going to feel your heart rate for 30 seconds. Please try to relax."

## **Collapsing pulse**

"I'm now going to check your pulse for any problems. Do you have any shoulder or arm pain? I will lift your arm and then move it quickly down. Please try to relax."

## **Jugular venous pressure**

"I will now check one of the blood vessels in your neck. Please lie with your head against the pillow (at 45 degrees). Please relax your neck and look to the left."

## **Carotid pulse**

"I will now feel one of the blood vessels in you neck."

## **Lymph nodes**

"I will now press gently on your neck to look for any sign of infection."

## **Face**

"I will now look at you face, mouth and eyes. I will pull down below your eyes slightly. Please look up."  
"Please open your mouth. Please lift your tongue."

## **Chest inspection and palpation**

"I will now examine your chest and listen to your heart. First I will feel for your heart beat."



**Chest auscultation**

“I will now listen to your heart. Please sit up and breathe normally.”  
“Please hold your breath. Thank you, please breathe normally again.”

**Ankle or sacral edema**

“Finally, I need to look at your legs and at the bottom of your back. Please roll up your pants/trousers. Please lift up your gown/t-shirt/shirt/top at the back.”

# **Respiratory Examination**

## **Starting phrase**

"I'm now going to examine you to check your lungs."  
"Please let me know if you have any pain or discomfort."

## **General inspection**

"I'm going to have a look at you to see if there are any problems."

## **Hands**

"Please hold out your hands."  
"Please do this." (clubbing)

## **Pulse and respiratory rate**

"I'm going to feel your heart rate for 60 seconds. Please try to relax."

## **Carbon dioxide retention flap**

"I'm now going to check your wrists. Please hold out your hands like this. Please keep your hands in this position and close your eyes."

## **Jugular venous pressure**

"I will now check one of the blood vessels in your neck. Please lie with your head against the pillow (at 45 degrees). Please relax your neck and look to the left."

## **Trachea**

"I will now check the airway (or your wind pipe) in your neck. I will press gently on your neck."

## **Lymph nodes**

"I will now press gently on your neck to look for any sign of infection."

## **Face**

"I will now look at your face, mouth and eyes. I will pull down below your eyes slightly. Please look up."  
"Please open your mouth. Please lift your tongue."

## **Chest inspection, palpation and chest expansion**

"I will now examine your chest. First I will feel for your heartbeat."

“Next I will check the movement of your chest wall. Please take a deep breath in, and then breathe all the way out. Now take a deep breath in again. Thank you, please breath normally.” (chest expansion)

“Every time I place my hands on your chest please say ‘99’.” (tactile vocal fremitus)

### **Chest percussion**

“Now I will tap on your chest. Please sit up straight and breathe normally. Please can you do this (hug yourself).”

### **Chest auscultation**

“I will now listen to your chest. Please sit up straight and take deep breaths in and out through your mouth. If you feel light-headed or dizzy please breath normally.”

REPEAT INSPECTION, PALPATION, PERCUSSION AND AUSCULTATION ON THE BACK

### **Ankle edema and calf tenderness**

“Finally, I need to look at your legs. Please roll up your pants/trousers. I will press gently on your calves.”

## **Abdominal Examination**

### **Starting phrase**

"I'm now going to examine you to check your stomach/belly/abdomen."  
"Please let me know if you have any pain or discomfort."

### **General inspection**

"I'm going to have a look at you to see if there are any problems."

### **Hands**

"Please hold out your hands."  
"Please do this." (clubbing)

### **Pulse**

"I'm going to feel your heart rate for 30 seconds. Please try to relax."

### **Liver asterixis**

"I'm now going to check your wrists. Please hold out your hands like this. Please keep your hands in this position and close your eyes."

### **Jugular venous pressure**

"I will now check one of the blood vessels in your neck. Please lie with your head against the pillow (at 45 degrees). Please relax your neck and look to the left."

### **Lymph nodes**

"I will now press gently on your neck to look for any sign of infection."

### **Face**

"I will now look at your face, mouth and eyes. I will pull down below your eyes slightly. Please look up."  
"Please open your mouth. Please lift your tongue."

### **Abdominal inspection**

"I will now examine your belly/stomach/abdomen. First I will take a look."

### **Abdominal auscultation**

"Next, I will listen to your belly/stomach/abdomen. Please breathe normally and try to relax."

### **Abdominal percussion**

“Now I will tap your belly/abdomen/stomach. Please let me know if you feel any pain or discomfort.”

### **Abdominal palpation**

“Now I will press gently on your belly/stomach/abdomen. Please bend your knees slightly. Where does it hurt the most? I will start by pressing away from that point. Please let me know if you feel any pain or discomfort.” (superficial palpation)

“Next I will press more deeply. Please let me know if you feel any pain or discomfort.” (deep palpation)

“Next I will press on your liver to make sure there are no problems. Please take a deep breath in, and then breathe all the way out. Please repeat. And again.” (liver palpation)

“Now I will press on your kidneys. Please try to relax.” (kidney balloting)

“Next I will check the large blood vessel running down your belly/stomach/abdomen. I will press quite deeply. Please try to relax.” (abdominal aorta)

“Now I will check for any infection in your belly/stomach/abdomen. I will press deeply then release quickly. Please tell me which is most painful. When I press? Or let go?” (rebound tenderness)

“Next I will press on your belly/stomach/abdomen to check your gall bladder. Please let me know if you feel any pain or discomfort. Please take a deep breath in. Now breathe all the way out.” (Murphy’s sign)

REPEAT ON THE OTHER SIDE

“Finally, I will tap on your belly/stomach/abdomen to see if there is any fluid inside. Please lay flat and try to relax. Now, please roll on to your side, towards me. I will tap again.”

### **Ankle edema**

“Finally, I need to look at your legs. Please roll up your pants/trousers. Thank you.”

## **Cranial Nerve Examination**

### **Starting phrase**

"I'm now going to examine you to check the nerves and muscles in your face, head, and neck."

"Please let me know if you have any pain or discomfort."

### **General inspection**

"I'm going to have a look at you to see if there are any problems."

### **Olfactory nerve**

"I'm now going to check your sense of smell. Please close your eyes and cover one nostril. Can you smell this? Do you know what it is?"

REPEAT ON THE OTHER SIDE

### **Optic nerve, oculomotor nerve, trochlear nerve and abducens nerve**

"I'm now going to examine your eyes to make sure there are no problems with your vision. Do you usually wear glasses or contact lenses? Do you have any problems with your sight? Do you have any pain, double vision or blurred vision?"

"Please cover one eye. Please read this chart from top to bottom."

or

"Please cover one eye. Please read the smallest line that you can." (visual acuity)

REPEAT ON THE OTHER EYE

"Please cover one eye. Please keep your head still and look into my eye. Try not to move your head or eyes. Can you see my fingers moving?"

or

"Please cover one eye. Please keep your head still and look into my eye. Try not to move your head or eyes. How many fingers can you see?" (visual fields)

REPEAT ON THE OTHER EYE

"Please keep your head still. Please follow the tip of my finger with your eyes only." (eye movements)

"Please follow my finger with your eyes. I will move my finger close to your nose but please try not to move your head."

or

"Please look at that object in the distance. Keep looking at it, but, when I tell you, please look at my finger. Now, please look at my finger." (accommodation)

"I am now going to check how your eyes react to light. I will shine a bright light in your eye. It may be a little uncomfortable but please tell me if it is painful.  
(light reflex)

REPEAT ON THE OTHER EYE

"I am now going to examine the back of your eye using this device. I will shine a bright light into your eye. It may be a little uncomfortable but please tell me if it is painful. I may move in front of you and I will have to get quite close so that I can see properly. Please try to keep your head and eyes still. I will place my hand on your forehead." (fundoscopy)

"Please look directly into the light." (macula examination)

REPEAT ON THE OTHER EYE

"I will now check your vision using this pen tip. Please cover one eye. Please keep your head still and look into my eye. Try not to move your head or eyes. Please tell me when the pen tip disappears. Please tell me when you can see it again." (blind spot)

REPEAT ON THE OTHER EYE

### **Trigeminal nerve**

"I will now check the sensation of your face. I will brush your face using this cotton ball. Please close your eyes. Can you feel this? Can you feel this? Is it the same on both sides?" (sensation)

"Please bite down." (motor)

### **Facial nerve**

"I will now check the muscles of your face. Please copy my facial expressions. Please raise your eyebrows. Please close your eyes tightly. Please blow out your cheeks. Please show me your teeth. Please whistle "

### **Vestibulocochlear nerve**

"I will now test your hearing. Have you noticed any problems with your hearing? Please close your eyes. I will make a noise near your ears. Please point to the side that you hear the sound." (general hearing)

"I will now perform a special hearing test by placing this device on your head. Please close your eyes. Can you hear a sound? Is it louder on the left, the right, or the same on both sides?" (Weber's test)

“I will now perform another special hearing test by placing this device close to your ear and on your head. Please close your eyes. You will hear two sounds. Please tell me which is loudest. Sound 1? Or sound 2?”

or

“I will now perform another special hearing test by placing this device close to your ear and on your head. Please close your eyes. Can you hear this sound? Please tell me when it stops. Can you hear this sound now?” (Rinne’s test)

REPEAT ON THE OTHER SIDE

### **Glossopharyngeal nerve and vagus nerve**

“I will now look inside your mouth. Please open your mouth wide and say ‘ahhhhh’.”

### **Accessory nerve**

“I will now check the muscles of your neck and shoulders. Do you have any neck or shoulder pain? Please shrug your shoulders. Please stop me pushing down. Please look to your left. Please push against my hand.”

REPEAT ON THE OTHER SIDE

### **Hypoglossal nerve**

“I will now check your tongue. Please open your mouth and stick your tongue out. Please push your tongue against your cheek and stop me pressing it in.”



## **Peripheral Nerve Examination**

### **Starting phrase**

"I'm now going to examine you to check the nerves and muscles in your arms and legs."

"Please let me know if you have any pain or discomfort."

### **General inspection**

"I'm going to have a look at you to see if there are any problems."

### **Upper limb tone**

"I will move your shoulder, elbow and wrist. Please relax the muscles in your arm completely. Do you have any pain or discomfort?"

REPEAT ON THE OTHER SIDE

### **Upper limb power**

"Please hold your hands like this (as if you are riding a motorbike). I will press down on your hand. Please push against my hand. I will press up on your hand. Please push against my hand." (wrist)

"Please hold your arms like this (like a boxer). I will pull your arm. Please pull back. I will push your arm. Please push back." (elbow)

"Please hold your hands like this (like a chicken's wings). I will press down on your arms. Please push against my hand. I will press up on your arms. Please push against my hand." (shoulder)

"Please make a ring with your fingers like this. Please stop me breaking the ring."

"Please hold this piece of paper between your fingers like this. Please stop me pulling the paper out from your fingers."

REPEAT ON THE OTHER SIDE

### **Upper limb sensation**

"I will now check the sensation in your arms. I will brush your skin with this cotton ball. Please tell me when you can feel it. Is it the same on both sides?" (light touch)

"I will press gently on your skin with this fibre/tooth pick. Please tell me when you can feel it. Is it the same on both sides?" (sharp touch)

"I will press gently on your skin with this fibre/tooth pick. Please tell me if you can feel one or two points. How about now?" (two-point discrimination)

REPEAT ON THE OTHER SIDE

### **Upper limb vibration sense**

"I will now check your arms using this device. I will place it on your hands. Please close your eyes. Can you feel it? Please tell me when it stops."

REPEAT ON THE OTHER SIDE

### **Upper limb proprioception**

"I will now move your finger up and down like this. Please tell me if your finger is up? Or down? Please close your eyes."

REPEAT ON THE OTHER SIDE

### **Upper limb co-ordination**

"I will now check the co-ordination in your hands and arms. Please touch your nose with your index finger. Please touch my finger with your same finger. Now touch your nose again. Please repeat this faster." (co-ordination)

"Please do this. Please keep going faster." (dysdiadokokinesis)

### **Upper limb reflexes**

"I will now check the muscles and nerves in your arms using this device. I will tap gently on your arm. Please tell me if you have any pain or discomfort. Please relax the muscles in your arm completely."

"Please clench your teeth together tightly. When I say 'now' please stop clenching." (with reinforcement)

### **Meningeal signs**

"I will now check to see if there is any pain in your neck or back. Please lie flat on your back. I will lift your neck quickly. Please tell me if you have any pain or discomfort." (Brudzinski's sign)

"Please lay flat. I will lift your leg. Please tell me if you have any pain or discomfort." (Kernig's sign)

### **Gait**

"I will now check how you walk. Are you able to walk by yourself? Please walk to that chair, turn around, and then walk back."

### **Lower limb tone**

“I will move your hip, leg and foot. Please relax the muscles in your leg completely. Do you have any pain or discomfort?”

REPEAT ON THE OTHER SIDE

### **Lower limb power**

“Please lift your leg like this. I will press down on your leg. Please push against my hand. I will press up on your leg. Please push against my hand.” (hip)

“Please bend your leg like this. I will pull your leg. Please pull back. I will push your leg. Please push back.” (knee)

“Please hold your foot like this. I will press down on your foot. Please push against my hand. I will press up on your foot. Please push against my hand.” (ankle)

REPEAT ON THE OTHER SIDE

### **Lower limb sensation**

“I will now check the sensation in your legs. I will brush your skin with this cotton ball. Please tell me when you can feel it. Is it the same on both sides?” (light touch)

“I will press gently on your skin with this fibre/tooth pick. Please tell me when you can feel it. Is it the same on both sides?” (sharp touch)

“I will press gently on your skin with this fibre/tooth pick. Please tell me if you can feel one or two points. How about now?” (two-point discrimination)

REPEAT ON THE OTHER SIDE

### **Lower limb vibration sense**

“I will now check your legs using this device. I will place it on your foot. Please close your eyes. Can you feel it? Please tell me when it stops.”

REPEAT ON THE OTHER SIDE

### **Lower limb proprioception**

“I will now move your toe up and down like this. Please tell me if your toe is up? Or down? Please close your eyes.”

REPEAT ON THE OTHER SIDE

### **Lower limb co-ordination**

“I will now check the co-ordination in your legs. Please brush your foot down from your knee to your other foot, like this. Please touch my hand with your foot. Please repeat this faster.”

REPEAT ON THE OTHER SIDE

### **Lower limb reflexes**

“I will now check the muscles and nerves in your legs using this device. I will tap gently on your leg. Please tell me if you have any pain or discomfort. Please relax the muscles in your leg completely.”

“Please pull your hands apart like this. When I say ‘now’ please stop pulling.”  
(with reinforcement)

“I will now check the nerves in your foot. I will scratch the bottom of your foot using this point. It may feel uncomfortable.” (Babinski sign)

## Example Feedback Sheet

<b>Content</b>	<b>Not attempted</b>	<b>Attempted poorly</b> (Minimal details acquired)	<b>Attempted well</b> (Most details acquired)	<b>Completed fully</b> (All details acquired)
Student <b>greeted</b> you appropriately and obtained/confirmed your <b>full name</b>				
Student <b>introduced</b> himself/herself, explained the interview <b>purpose</b> and gained <b>consent</b>				
Student <b>washed his/her hands</b>				
Student used an appropriate <b>opening question</b> to elicit the presenting complaint (main problem)				
Student elicited a detailed description of your presenting complaint ( <b>main problem</b> )				
Student elicited a detailed description of your <b>other symptoms</b>				
Student elicited your <b>allergy</b> status				
Student elicited a detailed description of your <b>medications</b>				
Student elicited a detailed description of your <b>past medical and surgical history</b>				
Student elicited a detailed description of your <b>family history</b>				
Student elicited a detailed description of your <b>obstetric/gynaecological history</b>				
Student elicited a detailed description of your <b>sexual history</b>				
Student elicited a detailed description of your <b>social history</b> (smoking, occupation, alcohol, recreational drug use)				
Student <b>summarised</b> and allowed an opportunity for <b>questions</b>				
Student <b>thanked</b> you and said <b>goodbye</b>				

