



PC Presenting Complaint

- "What's brought you in today?" / "How can I help?"
- Let patient speak uninterrupted for 60–90 seconds
- Note in patient's own words (not medicalised)
- Acknowledge and reflect: "I'm sorry to hear that..."

HPC History of Presenting Complaint

- Expand on each complaint using SOCRATES (see below)
- Timeline: "When did this first start?"
- Course: "Has it been constant or coming and going?"
- Severity: "On a scale of 0–10...?"
- Associated symptoms relevant to system
- Ask about pertinent positives AND negatives

S SOCRATES — Pain / Symptom Analysis (use for pain, breathlessness, dizziness, fatigue — any symptom)

S Site
"Where exactly is the pain / symptom?"

O Onset
"When did it start? Sudden or gradual?"

C Character
"What does it feel like — sharp, dull, crushing, burning?"

R Radiation
"Does it spread anywhere — arm, jaw, back, groin?"

A Associations
"Any other symptoms at the same time — SOB, nausea, sweating?"

T Time course
"Constant or comes and goes? Duration of episodes?"

E Exacerbating / Relieving
"What makes it better or worse — movement, food, rest, GTN?"

S Severity
"On a scale of 0 to 10, how bad is it?"

PMH Past Medical History

- "Any past medical problems?"
- Previous surgeries / procedures
- Previous hospitalisations
- Jaundice, TB, rheumatic fever, epilepsy, DM, HTN, MI, asthma, stroke
- Mnemonic: **MJ THREADS**

MJ THREADS: MI, Jaundice, TB, HTN, Rheumatic fever, Epilepsy, Asthma, DM, Stroke

DHx Drug History

- Current medications (name, dose, frequency)
- OTC / herbal / supplements
- Contraceptive pill (females)
- Allergies:** "Any allergies to medications?"
- Nature of reaction: "What happens when you take it?"
- Recent changes to medication
- Adherence: "Do you always take it as prescribed?"

FHx Family History

- "Any medical conditions that run in the family?"
- Ask specifically about: heart disease, DM, cancer, stroke, mental health
- Age of onset in relatives
- Parents / siblings alive? Cause of death?
- Consanguinity if relevant

SHx Social History

- Smoking:** pack-years, ex-smoker (when stopped?)
- Alcohol:** units/week, CAGE if >14/week
- Recreational drugs**
- Occupation: "What do you do for work?"
- Living situation: alone / with family / care home
- Mobility & activities of daily living (ADLs)
- Travel history (if relevant)

CAGE: Cut / Annoyed / Guilty / Eye-opener

ICE Ideas · Concerns · Expectations

- Ideas:** "What do you think might be causing this?"
- Concerns:** "What worries you most about this?"
- Expectations:** "What were you hoping we could do?"
- Summarise the history back to the patient
- "Does that sound right to you?"
- Safety net: red flags, when to return, follow-up
- "Is there anything else you'd like to ask?"