

CHEST PAIN

Acute MI	Chest pressure, radiates, dyspnea, nausea, diaphoresis, CVD risk factors	GEN: Pallor, diaphoresis CVS: Murmur, peripheral edema
Aortic dissection	Tearing pain, radiates, dyspnea, paresthesia, CVD risk factors	CVS: ↑BP, asymmetric BP, murmur PVS: Limb ischemia, asymmetric pulses
Esophageal rupture	Hx prolonged vomiting, Hx instrumentation	GEN: Diaphoresis, subcut emphysema CVS: Crunching heart sound
Pericarditis	Sharp pleuritic pain, radiates, worse supine, recent infection, recent MI	GEN: ↓BP, tachycardia, fever CVS: ↑JVP, ↓S1/S2, pulsus paradoxus, rub
Pneumothorax	Dyspnea, sharp pleuritic pain, Hx trauma, Hx instrumentation	GEN: Tachypnea, subcut emphysema RESP: ↓A/E, ↑percussion
Pulmonary embolism	Dyspnea, pleuritic pain, hemoptysis, surgery, immobility, smoker, BCP, cancer, Hx DVT/PE	GEN: Tachypnea, tachycardia PVS: Leg edema, erythema, heat, tenderness
Tamponade	Sharp pleuritic pain, dyspnea, orthopnea, Hx trauma	GEN: ↓BP, tachycardia, pallor, diaphoresis CVS: ↑JVP, ↓S1/S2, pulsus paradoxus

DYSPNEA

Acute MI	Chest pressure, radiates, dyspnea, nausea, diaphoresis, CVD risk factors	GEN: Pallor, diaphoresis CVS: Murmur, peripheral edema
Anaphylaxis	Known allergen, dyspnea, wheeze, chest tightness, cough, rash, pruritis, NVD	GEN: ↓BP, resp distress, urticaria, erythema RESP: Wheeze, stridor
Aortic dissection	Tearing pain, radiates, dyspnea, paresthesia, CVD risk factors	CVS: ↑BP, asymmetric BP, murmur PVS: Limb ischemia, asymmetric pulses
Asthma, COPD	Known irritant, dyspnea, wheeze, chest tightness, cough, sputum	GEN: Respiratory distress, cyanosis RESP: Wheeze, silent chest
Heart failure	Dyspnea, orthopnea, cough, weight gain, CVD risk factors	CVS: ↑JVP, S3/S4, peripheral edema RESP: Wheeze, crackles
Pneumonia	Dyspnea, fever, cough, sputum, NVD, Hx travel, Hx sick contacts	GEN: Fever RESP: Wheeze, ↓percuss, ↓A/E, ↑fremitus
Pneumothorax	Dyspnea, sharp pleuritic pain, Hx trauma, Hx instrumentation	GEN: Tachypnea, subcut emphysema RESP: ↓A/E, ↑percussion
Pulmonary embolism	Dyspnea, pleuritic pain, hemoptysis, surgery, immobility, smoker, BCP, cancer, Hx DVT/PE	GEN: Tachypnea, tachycardia PVS: Leg edema, erythema, heat, tenderness
Tamponade	Sharp pleuritic pain, dyspnea, orthopnea, Hx trauma	GEN: ↓BP, tachycardia, pallor, diaphoresis CVS: ↑JVP, ↓S1/S2, pulsus paradoxus

BACK PAIN

Acute MI	Chest pressure, radiates, dyspnea, nausea, diaphoresis, CVD risk factors	GEN: Pallor, diaphoresis CVS: Murmur, peripheral edema
Cord injury, Cauda equina	Hx trauma, weakness, paresthesia, loss of bowel/bladder control	NEURO: ↓BP, focal deficits, saddle anaesthesia, ↓rectal tone
Ectopic pregnancy	Crampy pain, sexual Hx, LMP, vaginal bleeding, Hx tubal abnormality	ABDO: Tender, rebound, cough/bump sign GYN: Adnexal mass
Osteomyelitis, Epidural abscess	Fever, weakness, paresthesia, Hx IVDU, Hx instrumentation	MSK: Erythema, tenderness, stiff neck/back NEURO: Focal deficits
Ruptured AAA	Radiates, CVD risk factors, family Hx	GEN: ↓BP ABDO: Pulsatile mass

LIMB PAIN

Arterial insufficiency	Paresthesia, paralysis, Hx claudication, CVD risk factors	PVS: Pallor, cold, ↓cap refill, pulselessness, ↓sensation/strength
Deep vein thrombosis	Immobility, surgery, smoker, BCP, cancer, Hx DVT/PE	PVS: Edema, erythema, heat, tenderness, venous distension
Septic arthritis	Fever, Hx prosthesis, Hx instrumentation, sexual Hx	MSK: Edema, erythema, heat, tenderness, ↓ROM, ↓weight bearing

ABDOMINAL PAIN		
Acute MI	Chest pressure, radiates, dyspnea, nausea, diaphoresis, CVD risk factors	GEN: Pallor, diaphoresis CVS: Murmur, peripheral edema
Aortic dissection	Tearing pain, radiates, dyspnea, paresthesia, CVD risk factors	CVS: ↑BP, asymmetric BP, murmur PVS: Limb ischemia, asymmetric pulses
Appendicitis	Colicky central pain → sharp RLQ pain, nausea, anorexia, fever	ABDO: ↓gut sounds, rebound, McBurney's point, Rovsing's sign, cough/bump sign
Bowel obstruction, Volvulus	Diffuse crampy pain, constipation, nausea, vomiting, fever, Hx surgery	ABDO: Distended, high pitch or ↓gut sounds, ↑percussion, localized tenderness, rebound
Cholangitis, Cholecystitis	Hx gallstones, Hx bile duct stones, nausea	GEN: Jaundice, fever, ↓BP ABDO: RUQ tender, Murphy's sign
Ectopic pregnancy	Crampy pain, sexual Hx, LMP, vaginal bleeding, Hx tubal abnormality	ABDO: Tender, rebound, cough/bump sign GYN: Adnexal mass
Ischemic bowel	Diffuse crampy pain, pain > findings, NVD, hematochezia, CVD risk factors	GEN: ↓BP ABDO: Diffusely tender, blood per rectum
Pancreatitis	Epigastric pain, radiates, worse with meals, nausea, Hx EtOH or gallstones	GEN: Jaundice, fever, ↓BP ABDO: Grey-Turner's sign, diffusely tender
Perforated viscus, Liver/spleen injury	Hx trauma, Hx instrumentation	GEN: ↓BP ABDO: Distended, tender, cough/bump sign
Ruptured AAA	Radiates, CVD risk factors, family Hx	GEN: ↓BP ABDO: Pulsatile mass
Testicular torsion	Scrotal pain, acute onset, nausea	URO: Tender, swollen, elevated testicle; absent cremasteric reflex

HEADACHE		
Carbon monoxide	Dyspnea, nausea, flushing, fatigue, multiple patients from same building	NEURO: ↓LOC, papilledema
Glaucoma	Tearing, photophobia, vision change, Hx glaucoma, Hx steroids	NEURO: Red eye, dilated pupil, cloudy cornea, swinging light test (RAPD)
Hypertensive emergency	Chest pain, dyspnea, vision change, weakness, paresthesia	CVS: ↑BP, S3/S4, murmur RESP: Wheeze, crackles NEURO: ↓LOC, papilledema
Meningitis, Encephalitis	Fever, stiff neck, nausea	GEN: Stiff neck, petechial rash NEURO: ↓LOC, focal deficits, papilledema
Preeclampsia	Chest pain, dyspnea, vision Δ, weight gain, nausea, pregnant or < 1 month postpartum	GEN: ↑BP, facial/hand edema NEURO: ↓LOC, hyperreflexia
Subarachnoid hemorrhage	Thunderclap, stiff neck, nausea	GEN: Stiff neck NEURO: ↓LOC, focal deficits, papilledema
Subdural, Epidural	Hx head trauma, diplopia	NEURO: ↓LOC, focal deficits, dilated pupil
Temporal arteritis	Scalp tender, myalgias, jaw claudication, vision change, weight loss	GEN: Low-grade fever PVS: Scalp erythema

RED FLAGS		
Abdominal Pain	Back Pain	Headache
<ul style="list-style-type: none"> Abdominal mass Anemia Blood in vomit or stool Constitutional symptoms Dysphagia Family history of cancer Prolonged vomiting 	<ul style="list-style-type: none"> Bowel/bladder symptoms Constitutional symptoms Focal neuro deficits IV drug use (i.e. MRSA) Pain at rest/sleep Trauma + Age > 50 	<ul style="list-style-type: none"> Fever Focal neuro deficits Headache on awakening Jaw claudication Neck stiffness New headache + Age > 50 Scalp tenderness Seizure Thunderclap headache Worse on exertion