

MNEMONICS-1 H

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Four point physical assessment of a disease.

"I'm A People Person"

- I**nspection.
- A**uscultation.
- P**ercussion.
- P**alpation.

Pancreatitis (Acute): Causes

I GET SMASHED

- I**diopathic.
- G**allstones.
- E**thanol.
- T**rauma.

- S**teroids.
- M**umps.
- A**utoimmune. (PAN)
- S**corpion stings.
- H**yperlipidemia / **H**ypercalcemia.
- E**RPC
- D**rugs.

Causes of Hypercalcemia

CHIMPANZEEES

- C**alcium supplementation.
- H**yperparathyroidism.
- I**atrogenic, immobilization.
- M**ultiple myeloma, milk-alkali syndrome, medication. (e.g Lithium)
- P**arathyroid hyperplasia or adenoma.
- A**lcohol.
- N**eoplasm. (e.g breast cancer, lung cancer)
- Z**ollinger Ellison syndrome.
- E**xcessive Vitamin D.
- E**xcessive Vitamin A.
- S**arcoidosis.

Depression: major episode characteristics

SPACE DIGS:

- S**leep disruption.
- P**sychemotor retardation.
- A**ppetite change.
- C**oncentration loss.
- E**nergy loss.
- D**epressed mood.
- I**nterest wanes.
- G**uilt.
- S**uicidal tendencies.

Rheumatic Fever: Jones Criteria

JONES CAFE PAL

Major criteria

JONES

- J**oint Involvement.
- O** looks like a heart = myocarditis.
- N**odules.
- E**rythema marginatum.
- S**ydenham chorea.

Minor criteria

CAFE PAL

- C**RP increased.
- A**rthralgia.
- F**ever.
- E**levated ESR.
- P**rolonged PR interval.
- A**namnesis of rheumatism.
- L**eukocytosis.

Horner's Syndrome: Components

SAMPLE

- S**ympathetic chain injury.
- A**nhidrosis.
- M**iosis.
- P**toxis.
- L**oss of ciliospinal reflex.
- E**nophthalmos.

Impotence causes

PLANE

- P**sychogenic: performance anxiety.
- L**ibido: decreased with androgen deficiency, drugs.
- A**utonomic neuropathy:
 - impede blood flow redirection.
- N**itric oxide deficiency:
 - impaired synthesis, decreased blood pressure.
- E**rectile reserve: can't maintain an erection.

Shock: types

RN CHAMPS

- | | |
|----------------------|-----------------------|
| R espiratory. | A naphylactic. |
| N eurogenic. | M etabolic. |
| C ardiogenic. | P sychogenic. |
| H emorrhagic. | S eptic. |