

Basic Patient Report

Written by: _____

Date: _____

Name of Patient: _____ Age: _____

Male - Female This is visit number _____ for **sickness / injury**.

SICKNESS

Do you feel / Are you ...

nauseous _____

dizzy _____

feverish _____

chilly _____

itchy _____

Do you have ...

a runny nose _____

a stuffy nose _____

a cough _____

a sore throat _____

Is there any ...

constipation _____

diarrhea _____

cramps _____

redness _____

soreness _____

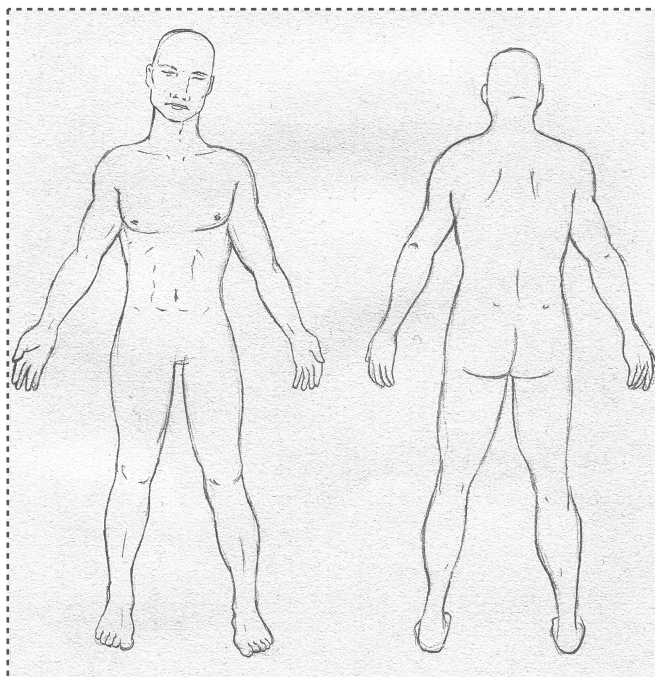
When did the symptoms start? _____

Are you taking any medication? _____

Do you have any allergies? _____

INJURY

Where does it hurt?



What were you doing when you got hurt?

What happened? _____

Can you move your **arm**? _____

Is there any bleeding? _____

swelling? _____

bruising? _____

stiffness? _____

Can you describe your pain? _____

Name: _____

Age: _____

Where does it hurt? **shoulder**

What were you doing? **changing a light bulb**

What happened? **I fell off my chair.**

Can you move your arm? **No**

Is there any...

bleeding - **No** swelling - **Yes**

bruising - **Yes** stiffness - **Yes**

Can you describe your pain? **It's very bad.**

Diagnosis: **Broken Shoulder**

Name: _____

Age: _____

Where does it hurt? **ankle**

What happened? **I tripped on a stone.**

What were you doing? **jogging**

Can you move your foot? **No**

Is there any...

bleeding - **No** swelling - **Yes**

bruising - **Yes** stiffness - **Yes**

Can you describe your pain? **It hurts a lot.**

Diagnosis: **Sprained Ankle**

Name: _____

Age: _____

Where does it hurt? **lower back**

What were you doing? **exercising**

What happened?

I lifted some very heavy weight?

Can you move your back? **No**

bleeding - **No** swelling - **No**

bruising - **No** stiffness - **Yes**

Can you describe your pain?

It's very painful and tight.

Diagnosis: **Pulled muscle**

Name: _____

Age: _____

Where does it hurt: **hand**

What were you doing? **cooking dinner**

What happened?

The knife slipped in my hand.

Can you move your hand? **Yes**

bleeding - **Yes, a lot** swelling - **No**

bruising - **No** stiffness - **Yes**

Can you describe your pain?

It feels terrible.

Diagnosis: **A deep cut**

Name: _____ Age: _____

Are you ... nauseous - **yes**

dizzy - **yes** feverish - **yes**

chilly - **no** sore - **no**

Do you have ...

a runny nose - **no** a stuffy nose - **no**

a cough - **no** a sore throat - **no**

trouble breathing - **no** constipation - **no**

diarrhea - **yes** cramps - **stomach**

red eyes - **no** sores - **no**

When did the symptoms start? **after dinner**

Are you taking any medication? **no**

Do you have any allergies? **no**

Diagnosis: **Food Poisoning**

Name: _____ Age: _____

Are you ... nauseous - **yes**

dizzy: **yes** feverish: **yes**

chilly: **yes** sore: **headache**

Do you have ...

a runny nose - **no** a stuffy nose - **no**

a cough - **no** a sore throat - **no**

trouble breathing - **no** constipation - **no**

diarrhea - **no** cramps - **stomach**

red eyes - **no** sores - **no**

When symptoms start? **I was bit by mosquito.**

Are you taking any medication? **no**

Do you have any allergies? **no**

Diagnosis: **Possibly Malaria**

Name: _____ Age: _____

Are you ... nauseous - **no**

dizzy - **no** feverish - **yes**

chilly - **no** sore - **no**

Do you have ...

a runny nose - **yes** a stuffy nose - **no**

a cough - **yes** a sore throat - **yes**

trouble breathing - **a little** constipation - **no**

diarrhea - **no** cramps - **no**

red eyes - **yes** sores - **no**

When symptoms start? **It was a few days ago.**

Are you taking any medication? **no**

Do you have any allergies? **no**

Diagnosis: **Common Cold**

Name: _____ Age: _____

Are you ... nauseous - **yes**

dizzy - **no** feverish - **yes**

chilly - **no** sore - **joints**

Do you have ...

a runny nose - **no** a stuffy nose - **no**

a cough - **no** a sore throat - **no**

trouble breathing - **no** constipation - **no**

diarrhea - **no** cramps - **stomach**

red eyes - **no** sores - **no**

When symptoms start? **After mosquito bite.**

Are you taking any medication? **no**

Do you have any allergies? **no**

Diagnosis: **Dengue Fever**

Basic Patient Report

This is one of the least “fancy” worksheets I have made and there is a reason for it. I’ve based this worksheet on a similar, real worksheet in the book “Where There Is No Doctor.” This is a free book put out by [Hesperian which you can download by visiting their site here](#).

About Hesperian:

Hesperian Health Guides develops and distributes health materials that provide knowledge for action, and inspire action for health. Our guides are designed in partnership with and for community health workers and others in poor and marginalized communities around the world to prevent and cure disease, and to challenge the social injustices that cause poor health.

Beginning with the development of the classic *Where There Is No Doctor* in the mountains of Mexico in the early 1970s, we have collaborated with partners to produce health materials now available in over 80 languages. Hesperian’s expanding digital resource center is open to people around the world to help them customize, translate, and download materials.

How to use the worksheet.

By the time you get to use this sheet in class you should already have taught some vocabulary or done some simple drills and practice to reinforce understanding.

1. Set up and explain the role play. Student will play nurses at clinics and patients coming in to describe their symptoms and seek help.
2. Show the students how to fill in the form and drill the questions. This is your last chance before they start talking to reinforce any vocabulary or questions your students might have.
3. Give students role play cards to use. (I’ve provided eight, four related to injury, four related to sickness. I recommend making your own based on the needs of your students.)
4. Students role play the situation and the teacher or instructors monitor and guide. Point out where some questions might be unnecessary or where they might be used simply to calm the patient. In the case of a person with a cut, the injury is obvious but the questions help focus the patient and give the nurse time to observe the patient. In the case of the *male - female* section at the top of the page, nurses should just fill that in without asking.

Note:

I used and developed this simplified worksheet for students of mine who were going to be traveling to Africa and southeast Asia to live and work for two years. A handful of them were nurses but all of them needed to be well informed about local diseases and sickness. In using this sheet I found it more realistic, more helpful, and more focussed than any of the other materials that were out there. Patient speaking is kept to a minimum as would be the case in a real clinic. The nurses and doctor’s language is also kept as simple as possible.