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Medical history and physical examinations; Tools for early diagnosis; Means to avoid unnecessary investigations

Parvin Rahman

Care Medical College and Hospital, Bangladesh

The primary goal of this article is to emphasize the importance of patient history taking and physical examination during the diagnosis stage. Detailed and adequate history taking and physical examination usually lead to a timely and accurate diagnosis of the disease. Depending on the acquired patient history and examination findings, the physician can decide to do further investigations to confirm the initial diagnosis. If done precisely, adequate history taking and proper physical examination can certainly protect patients from the risks of unnecessary testing. Hence, this process is cost-beneficiary which is a great plus for the people of developing countries. Accordingly, it is of paramount importance to keep proper documentation of the Patient's history and physical examination findings, as well as tests and investigations, have done previously. Good documentation is a great

resource to learn from past clinical incidents and avoid future adverse ones, hence greatly aiding in ensuring patient safety. An informative and detailed medical history along with an inclusive physical examination followed by proper documentation can determine the correct diagnosis at an early stage and pave the way for an effective treatment plan. The present study highlights the importance of patient history taking and physical examination via multiple medical cases apprehended by the author over a period of 2 years. Some systematic approaches are summarized as a means to use efficient history taking and proper physical examination as a strong tool for disease diagnosis. Finally, some common hinders and challenges regarding these two powerful tools in the context of Bangladesh are discussed and some viable solutions are provided.

Biography

Parvin Rahman has completed her PhD at the age of 32 years from Russian State Medical University, Moscow, Russia. She has published several papers in reputed journals. She has been serving as a Life member of The Obstetrical and Gynecological Society of Bangladesh and a Life member of World Association of Laparoscopic Surgeons.

rahmandrparvin@yahoo.com