



## Abdominal Pain History Checklist

### Opening the Consultation (Patient's profile) (Score: 1/10)

1. **Introduction:** Introduce yourself and your role.
2. **Consent:** Explain the purpose of the history taking and obtain consent.
3. **Patient's Profile:** Take the necessary information from the patient such as his where he lives, Martial status & Occupation.

### Presenting Complaint (Score: 1/10)

4. **Open Question:** Ask the patient to describe their abdominal pain in their own words.

### History of Presenting Complaint (Score: 4/10) (SOCRATES)

5. **Site:** Ask where the pain is located.
6. **Onset:** Clarify when the pain started and whether it was sudden or gradual.
7. **Character:** Ask the patient to describe the nature of the pain (e.g., sharp, dull, cramping).
8. **Radiation:** Inquire if the pain radiates to other areas (e.g., back, shoulder).
9. **Associated Symptoms:** Ask about symptoms like nausea, vomiting, diarrhea, constipation, fever, or bloating.
10. **Timing:** Determine the duration and pattern of the pain (e.g., constant, intermittent).
11. **Exacerbating/Relieving Factors:** Ask what makes the pain worse or better (e.g., eating, bowel movements, medications).
12. **Severity:** Use a scale of 0-10 to gauge the intensity of the pain.

### Systemic Enquiry (Score: 1/10)

13. **Gastrointestinal:** Ask about other gastrointestinal symptoms (e.g., changes in bowel habits, blood in stool).
14. **Urinary:** Inquire about urinary symptoms (e.g., dysuria, hematuria).
15. **Gynecological (if applicable):** Ask about menstrual history, vaginal discharge, or pelvic pain.
16. **General (B-Sx):** Inquire about general symptoms like weight loss, fatigue, or appetite changes.

### Past Medical History (Score: 1/10)

17. **Gastrointestinal Diseases:** Screen for conditions like peptic ulcer disease, inflammatory bowel disease, or previous abdominal surgeries.



18. **Other Relevant Conditions:** Ask about diabetes, hypertension, or other chronic illnesses.

19. **Surgical History:** Inquire about any past surgeries, especially abdominal.

#### **Drug History (Score: 1/10)**

20. **Current Medications:** Ask about all current medications, including over-the-counter and herbal remedies.

21. **Allergies:** Inquire about any drug allergies and the nature of the reactions.

#### **Family History (Score: 1/10)**

22. **Gastrointestinal Diseases:** Ask about family history of gastrointestinal conditions like colorectal cancer or inflammatory bowel disease.

#### **Social History (Score: 1/10)**

23. **Smoking:** Take a detailed smoking history.

24. **Alcohol:** Inquire about alcohol consumption.

25. **Recreational Drugs:** Ask about the use of recreational drugs.

26. **Diet:** Discuss dietary habits and any recent changes.

27. **Recent travel History:** Ask the patient if he has traveled in the last 2 years to another country.

#### **Closing the Consultation (Score: 1/10)**

28. **Thank You:** Thank the patient for their time and cooperation.