

This evaluation consisted of presenting 2 H&P's, 5 medication cards, and an article review. I feel like my presentation and documentation skills have improved from my first evaluation. For this evaluation, I challenged myself to choose complicated cases that would force me to organize my thinking and reflect deeply.

Both cases I selected required thorough neurological exams for proper workup. Personally, I find my neuro exams to be a weak point, so reflecting upon them was a good learning opportunity. The first case involved a 32 yo F pt w/ no pmhx who was having b/l neurological deficits in the lower extremities, including weakness, numbness, and loss of temperature sensation for 2 weeks. One of my must-not-miss diagnoses was GBS. To work it up, we performed a thorough sensory, motor, and reflex examination. The motor exam was unremarkable, the sensory exam revealed diminished light sensation b/l, and the reflex exam showed diminished DTR's in the lower extremities. Despite these findings, the timeline did not make sense. The pt had been complaining of these sx for 2 weeks, and typically, GBS is rapidly progressing, leading to near-full paraplegia within 2 weeks. Despite self-reported weakness, this pt's lower extremity exam had 5+ strength in all fields. Despite the ambiguity of these findings, this case still provides me with learning experiences as I continue to reflect on it. We referred the pt to neurology.

The next case involved a 37 yo F pt w/ a pmhx of htn and hyperlipidemia complaining of an atypical headache and dizziness x2 days. After performing a FAST exam, it was time to perform a more in-depth neuro exam. My provider taught me about the HINTS exam, something I was unfamiliar with, to differentiate between central and peripheral causes. Again, I challenged myself to choose a case I was not comfortable with, in the hopes of growing. Given this patient's symptoms, we referred them to the ER to r/u acute brain pathologies.

To stay a lifelong learner, it is important to stay engaged in the process. Answering the question "why do you think that?" is the foundation of understanding. I find the site evaluations to be valuable as your thinking is challenged and strengthened.