## Common Paediatric Histories

<table>
<thead>
<tr>
<th>Presenting complaint</th>
<th>Exploding symptom</th>
<th>Relevant system reviews</th>
<th>Differential diagnoses</th>
<th>Clues to differential</th>
</tr>
</thead>
<tbody>
<tr>
<td>Failure to thrive</td>
<td></td>
<td></td>
<td>Gastrointestinal</td>
<td></td>
</tr>
<tr>
<td>• Ask to see growth chart and determine age of onset</td>
<td>• General</td>
<td>• Fever, behaviour, activity/apathy/alertness, cough</td>
<td>Coeliac disease</td>
<td>• Presents any age after weaning</td>
</tr>
<tr>
<td>• Input: detailed dietary history, feeding history (inc time of weaning), hunger</td>
<td>• Gastrointestinal</td>
<td>• Work down body: dysphagia, reflux/vomiting, abdominal pain/colic, diarrhoea/constipation, stools (blood/mucus/pale)</td>
<td>Dietary protein intolerance (e.g. cow’s milk protein allergy)</td>
<td>• Cow’s milk protein allergy presents in first few months</td>
</tr>
<tr>
<td>• Use: energy, activity level, exercise, anorexic?</td>
<td>• Digestive</td>
<td>• Wet nappies, stools &amp; GI symptoms</td>
<td>Carbohydrate intolerance (e.g. lactose intolerance)</td>
<td>• Flatulence, diarrhoea, bloating and cramps within a few hours of consuming lactose</td>
</tr>
<tr>
<td>• Output: wet nappies, stools &amp; GI symptoms</td>
<td>• Others</td>
<td>• Behaviour, general health, happiness, parents health</td>
<td>Pyloric stenosis</td>
<td>• Projectile non-bilious vomiting after feeding</td>
</tr>
<tr>
<td>• Others: behaviour, general health, happiness, parents health</td>
<td>• Input</td>
<td>• Detailed dietary history, feeding history (inc time of weaning), hunger</td>
<td>GORD/oesophagitis</td>
<td>• Effortless regurgitation</td>
</tr>
<tr>
<td></td>
<td>• Output</td>
<td>• Detailed dietary history, feeding history (inc time of weaning), hunger</td>
<td>Cystic fibrosis</td>
<td>• Recurrent chest infections</td>
</tr>
<tr>
<td></td>
<td>• Others</td>
<td>• Detailed dietary history, feeding history (inc time of weaning), hunger</td>
<td>Inflammatory bowel disease</td>
<td>• Older child (e.g. teenager)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Abdominal pain</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Diarrhoea with blood/mucus</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>Non-gastrointestinal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Not enough food being offered or taken</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Commonest cause</td>
</tr>
<tr>
<td>Weight increase</td>
<td>• Ask to see growth chart and determine age of onset</td>
<td>• General</td>
<td>Endocrine</td>
<td>Hypothyroidism</td>
</tr>
<tr>
<td>• Input: detailed dietary history, feeding history (inc time of weaning), hunger</td>
<td>• Endocrine</td>
<td>• Fever, behaviour, activity/apathy/alertness, cold intolerance</td>
<td>Cushing’s syndrome</td>
<td>• Delayed growth/puberty</td>
</tr>
<tr>
<td>• Use: energy, activity level, exercise</td>
<td>• Top to toe</td>
<td>• Stature (short/normal)</td>
<td>• Central obesity</td>
<td>• Easy bruising</td>
</tr>
<tr>
<td>• Others: behaviour, general health, happiness, parents health</td>
<td>• Appearance changes</td>
<td>• Skin/hair/acne</td>
<td>• ‘Moon’ face, buffalo hump</td>
<td>• ‘Moons’ face, buffalo hump</td>
</tr>
<tr>
<td></td>
<td>• Other</td>
<td>• Fat distribution</td>
<td>PCOS</td>
<td>• Adolescent female</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Bowel habit</td>
<td></td>
<td>• Oligo/amenorrhoea</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Pubertal changes (inc menstrual periods)</td>
<td></td>
<td>• Hirsutism, acne</td>
</tr>
<tr>
<td>Other differentials</td>
<td>Oedema (cardiac or renal)</td>
<td>Steroid use</td>
<td>Genetic syndromes (e.g. Turners, Prader-Willis)</td>
<td></td>
</tr>
</tbody>
</table>

**General**

- Fever, behaviour, activity/apathy/alertness, cold intolerance
- Stature (short/normal)
- Appearance changes (skin/hair/acne)
- Hirsutism
- Fat distribution
- Bowel habit
- Pubertal changes (inc menstrual periods)

**Endocrine**

- Hypothyroidism: Delayed growth/puberty
- Cushing’s syndrome: Delayed growth/puberty
- PCOS: Adolescent female

**Non-endocrine**

- Simple obesity: Snacking
- Familial: Parents with high BMI

**Other differentials**

- Oedema (cardiac or renal)
- Steroid use
- Genetic syndromes (e.g. Turners, Prader-Willis)

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<table>
<thead>
<tr>
<th>Developmental delay</th>
<th>Development</th>
<th>General</th>
<th>Generalised delay (can also cause any of the specific delays below)</th>
<th>Prenatal</th>
<th>Postnatal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current developmental stage in each category (learn paed history table)</td>
<td>• Gross motor</td>
<td>• Fever, behaviour, activity/apathy/alertness</td>
<td>Chromosomal/genetic disorders e.g. Downs</td>
<td>• Dysmorphic features</td>
<td>• Alcohol/drugs in pregnancy</td>
</tr>
<tr>
<td>- Fine motor and vision</td>
<td>• Neurological</td>
<td>• General: fits/LOC, headache, dizziness, vision/hearing</td>
<td>TORCH infections in pregnancy</td>
<td>• History of toxo/rubella/CMV/herpes</td>
<td>• Extreme prematurity</td>
</tr>
<tr>
<td>- Hearing and language</td>
<td>• Motor: weakness/wasting</td>
<td>• History of premature</td>
<td>• Hypoxic brain injury</td>
<td>• Prolonged difficult labour (dystocia)</td>
<td>• Hypoglycaemia</td>
</tr>
<tr>
<td>- Social</td>
<td>• Age of key milestones in each</td>
<td>• Hypothalamic</td>
<td>• Intracerebral haemorrhage</td>
<td>• Risks = abnormal labour, prematurity</td>
<td>• Intracranial tumour (e.g. hydrocephalus)</td>
</tr>
<tr>
<td>If motor problem</td>
<td>• How mobile?</td>
<td>• Meningitis/encephalitis</td>
<td>• Head injury or hypoxic/hypoglycaemic episode</td>
<td>• Onset after episode of meningitis /encephalitis</td>
<td>• Motor delay</td>
</tr>
<tr>
<td>• Hand dominance</td>
<td></td>
<td>• Cerebral palsy</td>
<td>• Duchenne muscular dystrophy (or other muscular disorders)</td>
<td>• Progressive muscle weakness (beginning proximally)</td>
<td>• Hip dysplasia</td>
</tr>
<tr>
<td>• Balance problems</td>
<td>• Social delay</td>
<td>• Language delay</td>
<td>• Deficiency</td>
<td>• e.g. due to chronic otitis media</td>
<td>• Articulation problem (e.g. cleft palate)</td>
</tr>
<tr>
<td>• Behavioural problem</td>
<td>• Other</td>
<td>• Familial</td>
<td>• Deafness</td>
<td>• History of family</td>
<td>• Lack of stimulus</td>
</tr>
<tr>
<td>If language/social problem</td>
<td></td>
<td></td>
<td>• Social delay</td>
<td>• Similar history in family</td>
<td>• Autism</td>
</tr>
<tr>
<td>• Senses: vocals, hearing, vision</td>
<td></td>
<td>• Motor delay</td>
<td>• ADHD</td>
<td>• Imposition of routines</td>
<td></td>
</tr>
<tr>
<td>• Comprehension: follows commands, responds to voice</td>
<td>• General</td>
<td>• Motor delay</td>
<td>• • Hyperactivity, inattentiveness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Non-verbal communication: pointing, gestures, facing</td>
<td></td>
<td>• Language delay</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Socially responses: how acts in new situations, tantrums, playing, gestures</td>
<td></td>
<td>• Other</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>As part of history</td>
<td></td>
<td>• Motor delay</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Prenatal problems (e.g. alcohol/drugs in pregnancy, maternal infections)</td>
<td>• General</td>
<td>• Motor delay</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Perinatal problems (e.g. prolonged/difficulties in labour)</td>
<td>• Neurological</td>
<td>• General</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Postnatal problems (i.e. PMHx e.g. meningitis/encephalitis (P&lt;3y) insult)</td>
<td>• Pain</td>
<td>• History of toxo/rubella/CMV/herpes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• General</td>
<td>• Other</td>
<td>• Non-accidental abuse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Premature pubertal age (inc mother menarche) and height</td>
<td></td>
<td>• Physical abuse</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Precocious puberty

**Puberty staging and order**

- Boys order: **Testicular enlargement**
- Girls order: **Breast development**
- **Pubic hair**
- **Height spur**
- **Menarche**

**Other development**

- **Previous growth and development**
- **Weight and nutrition**
- **Behavioural changes**

**Family history**

- **Parents pubertal age (inc mother menarche) and height**

**General**

- **Fever, behaviour, activity/apathy/alertness, general health**

**Neurological**

- **General: fits/LOC, headache, dizziness, vision/hearing**
- **Motor: weakness/wasting**

**Gonadotrophin dependent (CENTRAL)**

- **Familial/diopathic**
- **CNS abnormalities**
- **e.g. hydrocephalus, hypoxic brain injury**
- **Relevant history**

**Gonadotrophin independent (PERIPHERAL) (i.e. sex hormones not under pituitary control)**

- **Adrenal tumour/hyperplasia**
- **Excessive pubic hair, penis/clitons enlargement**
- **Weight gain**

**Other differentials**

- **Premature thelarche (breasts only)**
- **Premature pubarche (pubic hair only)**
- **External sex hormones**

### Delayed puberty

**Puberty staging and order**

- Boys order: **Testicular enlargement**
- Girls order: **Breast development**
- **Height spur**
- **Pubic hair**
- **Menarche**

**Other development**

- **Previous growth and development**
- **Weight and nutrition**
- **Behavioural changes**

**Family history**

- **Parents pubertal age (inc mother menarche) and height**

**General**

- **Fever, behaviour, activity/apathy/alertness, general health**

**Neurological**

- **General: fits/LOC, headache, dizziness, vision/hearing**
- **Motor: weakness/wasting**

**Familial**

- **Constitutional**
- **Majority of cases**

**Hypogonadotropic hypogonadism**

- **Systemic disease**
  - **e.g. IBD, CF, anorexia**
- **Symptoms of underlying disease**
- **Hypothyroidism**
- **Delayed growth**
- **Fatigue, cold intolerance**
- **Dry skin, coarse hair**

**Hyponadotropic hypogonadism**

- **Klinefelters/Turners**
- **Turners: short stature, amenorrhoea**
- **Klinefelters: small testes, gynaecomastia, tall & thin**
- **PCOS**
- **Oligo/amenorrhoea**
- **Hirsutism, acne**

**Other differentials**

- **Hypogonadotropic**
  - **Kallmann syndrome**
  - **Intracranial tumour**
  - **Panhypopituitarism**
  - **Syndrome**
  - **Hypergonadotropic**
  - **Steroid hormone enzyme deficiency**
  - **Acquired gonadal damage**

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### Behavioural Problems
- Expand on behaviour problems
- ADHD symptoms: poor concentration, hyperactivity
- Conduct disorder symptoms: hostile, aggressive, cruel
- OCD symptoms: intrusive thoughts, repetitive behaviours
- Autism symptoms: poor social interaction, emotionless, routines

### Psychiatric
- ADHD: hyperactivity, inattentiveness
- Conduct disorder: bullies/threatens/intimidates, starts fights, cruel to people/animals
- Oppositional defiant disorder: losses temper, argues with adults and defies requests, deliberately annoys others
- OCD: intrusive thoughts, repetitive behaviours
- Autism: speech/language delay, imposition of routines, doesn’t seek friendships

### Childhood bruising
- **General**
  - Fever, behaviour, activity/apathy/alertness
- **Neurological**
  - General: fits/LOC, headache, dizziness, vision/hearing, neck stiffness/photophobia
  - Motor: weakness/wasting

### Injury related
- Non-accidental injury: bruises on soft tissues (ear/neck/cheek/abdomen/buttocks/calves/hips)
  - Story inconsistent with injury
- Accidental injury: bruises on sticking out bits (forehead, shins, nose, bony prominences)
  - Consistent story of injury

### Other differentials
- Anxious disorders
- Attachment disorder
- Schizophrenia
- Bipolar disorder

### Childhood bruising
- **General**
  - Fever, behaviour, activity/apathy/alertness
- **Neurological**
  - General: fits/LOC, headache, dizziness, vision/hearing, neck stiffness/photophobia
  - Motor: weakness/wasting

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  - Story inconsistent with injury
- Accidental injury: bruises on sticking out bits (forehead, shins, nose, bony prominences)
  - Consistent story of injury

### Other differentials
- Acute lymphoblastic leukaemia
- Traumatic petechiae

### Faint/fit/funny turn
- **General**
  - Fever, behaviour, activity/apathy/alertness
- **Neurological**
  - General: fits/LOC, headache, dizziness, vision/hearing, memory loss, neck stiffness/photophobia
  - Motor: weakness/wasting, incontinence
  - Sensory: pain, numbness, tingling

### Cardiorespiratory
- Dyspnoea, cyanosis, chest pain/palpitations

### Neurological
- Febrile convulsion: 1-2min generalised seizure
  - Early in infection when fever is rising

### Seizure
- Absence seizure
- Focal seizure
- Generalised seizure (suggested by loss of bladder/bowel control, tongue biting)

### Paediatric epileptic syndromes
- Characteristic features of syndromes

### Reflex anoxic seizure
- Palpitations
  - In response to bump to head, emotion (e.g. fear, surprise), crying or fever

### Non-neurological
- Vasovagal syncope: faint after prolonged standing/emotion/pain
- Vasodilatation
- Atypical seizures
  - Breath holding spell: child holds breath and goes blue
  - Usually when upset

### Other differentials
- Narcolepsy
- Arrhythmia
- Hypertrophic cardiomyopathy