### Station 122: Hypoadrenalism/Addison’s disease

This patient has recently been diagnosed with hypoadrenalism. Please take a history and examine the patient, focusing on the recent diagnosis.

<table>
<thead>
<tr>
<th>General</th>
<th>Not attempted</th>
<th>Partially attempted</th>
<th>Complete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduces self</td>
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<tr>
<td>Identifies patient – name, DOB</td>
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<tr>
<td>Explains procedure, gains consent</td>
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<tr>
<td>Washes hands</td>
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#### History taking

Takes structured history, including:
- Symptoms: weight loss, fatigue, weakness, anorexia, diarrhoea, arthralgia, abdominal pain, dizziness, myalgia, diarrhoea
- PMH: steroid-dependent conditions, autoimmune conditions (vitiligo, diabetes, thyroid disease, pernicious anaemia, coeliac disease), infections (TB, HIV), malignancy, sarcoidosis
- Medical history: steroids

#### Examination

**General inspection**

At all stages of examination (hands, face, chest, abdomen, legs), looks for and comments on:
- Body habitus
- Skin pigmentation/vitiligo
- Signs of thyroid disease

**Hands**

Examines for pigmentation of palmar creases

**Face**

Buccal mucosa pigmentation

**Abdomen**

Inspection (as above)

Palpates for tenderness and masses

#### End of examination

Indicates would like to measure BP (lying and standing), and perform urinalysis

Thanks patient, addresses ICE

Summarises findings

Suggests differential diagnosis

Suggests appropriate investigations

Suggests management plan