Red Flag Symptoms

| Personal or Family History | • History of any cancer  
• Recent infection  
• Recurrent infection or illnesses  
• History of immunosuppression (HIV/AIDS, chemotherapy, chronic alcoholism, corticosteroid or other immunosuppressant drugs)  
• IV drug use  
• History of trauma |
|---|---|
| Risk Factors | • Obesity (BMI>25)  
• Smoking  
• Substance use/abuse  
• Gender  
• Radiation exposure  
• Sedentary Lifestyle  
• Ethnicity  
• Occupation  
• Hysterectomy/oophorectomy  
• Domestic violence |
| Clinical Presentation | • Unclear mechanism of injury  
• Insidious, gradual onset and progression of symptoms  
• Initial resolution of symptoms after treatment, followed by recurrence of symptoms  
• Unexplained weight gain/loss (>10% of body weight in a month)  
• Persistent symptoms despite clinical intervention  
• Symptoms unrelieved by rest  
• Failure of treatment to mitigate symptoms after previous remittance  
• Prolonged experience of symptoms given pathology  
• Symptoms out of proportion to the injury  
• Inability to alter the symptoms during the exam  
• Symptoms don’t match ‘typical’ presentation of injury or disorder  
• No discernable pattern of symptoms  
• A growing mass  
• Vaginal bleeding after menopause  
• Bilateral symptoms of  
  o Edema  
  o Clubbing  
  o Paresthesias  
  o Skin Pigmentation changes  
  o Skin rash  
  o Nail bed changes  
• Change in ROM/muscle tone in people with neurological conditions |
| Pain Pattern | • Pain that is worse with activity and better with rest  
• Pain that is not reproducible with ROM or movement  
• Night pain  
• Pain that is accompanied by psychological symptoms, e.g. exhaustion, fatigue  
• Constant pain  
• Pain that is described as throbbing, knifelike, boring or deep  
• Poorly localized/diffuse pain (patient is unable to point to area of pain with two fingers)  
• Intermittent, colicky pain  
• Change in symptoms with food or after medication  
• Pain associated with a specific visceral system  
• New onset of neurologic symptoms, e.g., confusion |
## Associated Signs and Symptoms

<table>
<thead>
<tr>
<th>Constitutional Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>o Fever</td>
</tr>
<tr>
<td>o Chills</td>
</tr>
<tr>
<td>o Fatigue</td>
</tr>
<tr>
<td>o Malaise</td>
</tr>
<tr>
<td>o Night sweats</td>
</tr>
<tr>
<td>o Diaphoresis</td>
</tr>
<tr>
<td>o N/V</td>
</tr>
<tr>
<td>o Diarrhea</td>
</tr>
<tr>
<td>o Pallor</td>
</tr>
<tr>
<td>o Weight loss</td>
</tr>
<tr>
<td>o Dizziness/syncope</td>
</tr>
</tbody>
</table>

- Abnormal vital signs or abnormal vital sign response to activity
- Proximal muscle weakness, especially in the presence of decreased Deep Tendon Reflexes
- Change in Bowel or Bladder patterns
- Change in menstruation
- Rebound tenderness (sign of peritoneal irritation)

## REFERENCES


