

The submissions for this assignment are posts in the assignment's discussion. Below are the discussion posts for Dikshya Poudel, or you can **view the full discussion**.

from **Week 6: Collaboration Café (Clinical Education Associates [CEA] Pre-Diagnostic Case Study Part 1)**

Apr 8, 2026 at 10:16 PM

Dikshya Poudel

Hello professor and my classmates, my lowest score for CEA Pre-diagnostic exam was GI unit. So here is my case study about the GI issue.

Patient Initials: Risab Khan

Date of Birth: March 14, 1985

Age: 40 years

Gender: Male

Ethnicity: South

Asian

Chief Complaint: "I have been having persistent upper abdominal pain and bloating for the past two months."

Allergies: No known drug allergies (NKDA)

Social History:

Risab Khan is married and lives with his spouse and two children. He works a sedentary office job with high occupational stress. He reports consuming alcohol socially (2–3 drinks/week) and denies tobacco or illicit drug use. His diet is high in spicy and fatty foods, with frequent consumption of takeout meals. Physical activity is minimal. He reports moderate social support from family but increased stress related to work demands.

Assessment Data

Chief Complaint (CC):

Persistent epigastric pain and bloating for two months.

History of Present Illness (HPI):

R.K. is a 40-year-old male presenting with a two-month history of intermittent epigastric pain described as burning and gnawing in nature. The pain is rated 5–7/10, worsens with prolonged fasting, and is temporarily relieved by food intake or over-