

## Camille Rutledge -- Abdominal Pain

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### ABSTRACT

An educational simulation was developed for medical students focused on the assessment and management of acute abdominal pain in a young female patient, with particular emphasis on evaluating the possibility of pregnancy. The case involves an 18-year-old female, Camille Rutledge, who presents to the Emergency Department with lower abdominal pain and concerns about potential pregnancy. The learning objectives for this simulation include the ability to assess and manage acute abdominal pain, evaluate pregnancy in reproductive-age patients, interpret diagnostic tests related to early pregnancy, and communicate effectively with young patients about sensitive health issues. In the clinical scenario, students are tasked with taking a thorough patient history, conducting a physical examination, and ordering appropriate diagnostic tests, such as a urine pregnancy test and abdominal ultrasound, to confirm the pregnancy. The simulation is designed to enhance students' clinical reasoning, communication, diagnostic, and patient management skills. This case is particularly useful in a curriculum to prepare students for real-world scenarios involving young patients with reproductive health concerns and to improve their ability to handle sensitive topics with empathy and professionalism.

**Keywords** emergency medicine; abdominal pain; pregnancy; history taking

### CASE OVERVIEW

An 18-year-old female presents to the Emergency Department with abdominal pain and concern for possible pregnancy.

### LEARNING OBJECTIVES

1. Assess and manage acute abdominal pain in a young female patient.
2. Evaluate the possibility of pregnancy in reproductive-age patients.
3. Interpret diagnostic tests related to early pregnancy.
4. Communicate effectively with a young patient regarding sensitive health issues.

## CLINICAL PRESENTATION

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|                  |                    |
|------------------|--------------------|
| Name             | Camille Rutledge   |
| Age              | 18                 |
| Sex              | Female             |
| Race / ethnicity | White Non-Hispanic |
| Height           | 5ft 4in            |
| Weight           | 130 lbs            |

**Chief complaint.** I've been having really bad stomach pain and I think I might be pregnant.

**History of present illness.** Camille is an 18-year-old female presenting with lower abdominal pain for the past 2 days. The pain is described as cramping and intermittent, located around the lower abdomen. It has been progressively worsening. She mentions nausea but no vomiting and has had some unprotected sexual intercourse in the past month. Her last menstrual period was around 6 weeks ago, and she is usually regular. She denies fever, chills, or diarrhea.

**Past medical history.** No significant medical history.

**Past surgical history.** None.

**Past psychiatric history.** None reported.

**Social history.** Occasional alcohol use, denies tobacco and recreational drugs. High school student living with parents.

**Family history.** Mother with hypertension, father with type 2 diabetes.

**Medications.** - Ibuprofen 200mg as needed for menstrual cramps

**Allergies.** NKDA

## SIMULATED CHARACTER

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**Name.** Camille Rutledge

**Demographics.** 18-year-old female, White, Non-Hispanic

**Personality and mood.** Nervous and anxious about her health and potential pregnancy. She is open to conversation but requires reassurance.

**Identity, purpose and background.** Camille is a high school student who is worried about an unintended pregnancy. She is scared about telling her parents and is unsure about her next steps.

**Simulation behaviour.** Only reveal pregnancy concerns if asked directly about sexual history or menstrual cycles.

\*Patient is very nervous and has a low health literacy\*

### Opening line

Hi, I've been having a lot of stomach pain and I'm worried I might be pregnant.

## Procedures and actions available to the learner

| Action               | Result added to the chart                                              | How the character responds           |
|----------------------|------------------------------------------------------------------------|--------------------------------------|
| Urine Pregnancy Test | Positive for hCG, indicating pregnancy.                                | Oh no, does this mean I'm pregnant?  |
| Abdominal Ultrasound | Intrauterine gestational sac visible, consistent with early pregnancy. | What are you seeing on the screen?   |
| Blood Pressure Cuff  | BP: 110/70 mmHg (normal)                                               | How's my blood pressure? Is it okay? |
| Complete Blood Count | WBC 8.5, Hgb 13.5, Hct 40%, PLT 250 (all within normal ranges)         | Do those numbers look right to you?  |

## ASSESSMENT ITEMS

**Item 1.** What is the significance of a positive urine pregnancy test? *(multiple choice, 1 point)*

- A. Confirms pregnancy
- B. Indicates a potential ectopic pregnancy
- C. Suggests underlying hormone imbalance
- D. None of the above

**Answer and rubric.** Confirms pregnancy

**Item 2.** What information is crucial when assessing abdominal pain in this patient? *(multiple choice, 1 point)*

- A. Menstrual history
- B. History of previous abdominal surgeries
- C. Recent travel history
- D. All of the above

**Answer and rubric.** Menstrual history

**Item 3.** True or False: A negative ultrasound rules out pregnancy. *(true false, 1 point)*

**Answer and rubric.** False

**Item 4.** What is the normal range for blood pressure in adults? *(free text, 1 point)*

**Answer and rubric.** Typically around 120/80 mmHg

**Item 5.** What are the next steps if the pregnancy is confirmed? *(free text, 1 point)*

**Answer and rubric.** Discuss options and provide prenatal care or referral to appropriate services.

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## DEBRIEFING DIMENSIONS

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|                                         |                                                                             |
|-----------------------------------------|-----------------------------------------------------------------------------|
| <b>Clinical Reasoning (narrative)</b>   | Ability to synthesize patient history and test results to form a diagnosis. |
| <b>Communication Skills (narrative)</b> | Effectiveness in communicating with the patient about sensitive topics.     |
| <b>Diagnostic Skills (narrative)</b>    | Interpretation and integration of diagnostic test results.                  |
| <b>Patient Management (narrative)</b>   | Planning and executing appropriate next steps in patient care.              |

## SIMULATION FORMAT

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|                            |                                                          |
|----------------------------|----------------------------------------------------------|
| <b>Platform</b>            | Figment Clinic                                           |
| <b>Format</b>              | Clinical encounter simulation with a full patient record |
| <b>Synthesised voice</b>   | shimmer                                                  |
| <b>Case first authored</b> | August 2026                                              |

The interactive version of this case runs on the Figment Clinic platform. This article is the archival record of its content at the time of publication.

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