

# Sample worked case: Chest pain in a 58-year-old

PBL Coach — example document

**The problem.** A 58-year-old man describes central chest tightness that comes on when he walks uphill and settles after a few minutes' rest. He smokes and has high blood pressure.

**Prepared reasoning (before the session).** The student lists possible causes — stable angina, heart attack, musculoskeletal pain, reflux — notes the cardiovascular risk factors, and proposes initial steps such as an ECG and blood tests.

**In the session.** The advisor explores why the exertional pattern points towards stable angina, how the risk factors fit, and what would change the assessment if the pain occurred at rest.

**Feedback and next steps.** Feedback on how the reasoning was structured, with follow-up reading on the assessment and management of stable angina.

*This is an example document for the first version of the site. Supplementary educational support — not a substitute for university teaching or medical advice.*