

CLAIRE ROSE 137

History of the present illness: This 21 y.o. female who delivered a healthy baby 2 weeks ago, presents with a 4-week history of chronic headaches, fatigue, joint pains, and upper left abdominal pains. She also has a 4-day history of a swollen, hot, tender right knee.

Past medical and social history: The patient is the only wife of a coffee farmer who is middle class by local standards. This is her first baby. She has had no significant illnesses except for a few childhood fevers with rashes. She does get sore throats from time to time. She is on no medication, has had no immunizations, and has no allergies.



Physical exam: Claire is alert and in moderate distress. Vital signs: T 101.6; P 110; R 22; BP 98/66; The skin is very warm, dry, and normal in texture. Head is normal size and shape. Pupils are equal, round, and responsive to light. The whites of the eyes are white. Corneas are clear. Inside the lower lids is normal pink.

The nose is normal shape and without sores. The outer ears, canals, and ear drums are normal in appearance. The teeth are normal in number and appearance; the mouth is moist. The tonsils are normal size



and color. There are no enlarged lymph nodes in the neck, front or back. The thyroid is not enlarged. The patient can move her neck in all directions without pain. Heart sounds have no murmur. Lungs are clear. Bowel sounds are present and normal. Liver and spleen are not enlarged but the spleen area is slightly tender. The abdomen is soft and non-tender; it is somewhat distended, consistent with her postpartum status. There are no enlarged lymph nodes in the groin. The kidney area in back is not tender. Arms show no swelling; the right knee is swollen as shown and very tender to touch. The patient can move her limbs in all directions without complaint of pain except for her right leg. Respond.

Options

Treat her yourself specify how.

Send her to a government clinic.

Send her to a private clinic (costs you \$100).

Claire Rose 137

Setting and past history:

What is her genetic heritage? Subsaharan African.

Does she have any family history of something like this? No

Is her husband faithful to her? Most certainly.

Has she been involved in any illicit sex or has she been raped?

No

Is there filariasis in the area? No

Present illness:

Has Claire ever had malaria? Yes, she has it frequently.

Do these headaches feel like malaria? Yes, sort of.

What kind of pain is it? A steady, somewhat burning pain, all over the head.

Does the pain go anywhere? No

Is there any timing to it? It gets better and worse on its own but unpredictably.

Is there anything that makes it better or worse? Shaking her head makes it worse; aspirin helps it.

Was the pregnancy normal? Yes, it seemed to be, but she was very tired toward the end.

Is the child healthy? Yes

Was there anything that happened right before the knee swelled? No

Are her knees red and warm to touch? Yes, more warm than red.

Has she ever had this before? Yes, her joints have given trouble from time to time.

How about her other joints? Usually the pain and swelling are symmetrical, the same joints on the two sides. This is the first time it has been on one side only.

Has she been short of breath? No

Does she or did she have back pains? No, it has always been in the joints of her limbs.

Has she had shaking chills? Yes, she frequently has shaking chills when she starts in with a headache.

Have the small joints of her fingers and toes ever been affected? No

Have her sore throats been treated? No, they go away by themselves.

What kind of abdominal pain does she have? A very localized aching on her upper left, straight down from the front of her shoulder. It is aching in character, comes and goes on its own without any evident provocation. The pain is usually worse when she's feeling fatigued.

Laboratory:

Urinalysis positive for blood, otherwise normal.

Hemoglobin: 80%

