

QUILA ROSE 127

History of the present illness: Quila Rose is a 60 y.o. female in Kenya who comes to you with the chief complaint of a rapid and strong heartbeat and fatigue for the past year. She becomes short of breath with any exertion. This was of slow onset.



Past medical and social history: Quila is a widow, having been married to a school teacher for many years. She is the mother of 7 grown children. She lives with one of them. Medical history includes 3 miscarriages, multiple episodes of malaria during her younger years (none recently) and several episodes of severe diarrhea. She has had no immunizations, has no allergies, and is taking no medications.

Physical exam: Quila is alert and in no distress. Vital signs: T 97.8; P 144 and regular; R 38; BP 94/66. The skin is 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 very pale. The nose is normal shape and without sores. The outer ears, canals, and ear drums are normal in appearance. The teeth are deficient in number and decayed; the mouth is moist. The tonsils are normal size and pale; the tongue is shown. 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 a very slight murmur. Lungs are clear on top; there are a few fine crackles at the bases in back. Bowel sounds are present and normal. Liver and spleen are not enlarged. The abdomen is soft and non-tender. There are no enlarged lymph nodes in the groin. The kidney area in back is not tender. Arms and legs show no swelling. The patient can move her limbs in all directions without complaint of pain. Respond.

Options:

Treat her yourself.

Send her to a clinic, no transfusion services.

Send her to a clinic with transfusion services (costs you \$400).

Send her to a major hospital with surgeons (costs you \$1000).

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Setting and past history:

What is her diet like? Bananas, sweet potatoes, beans, corn, cassava.
Does she eat any animal products? Once a year a tiny piece of meat;
no eggs and no milk.

Present illness:

Has she had weight loss? No; her appetite is good, she has not vomited
or had diarrhea.

Is the patient feeling short of breath when you examine her? No

Is her shortness of breath worse lying or sitting? It is worse lying
down.

Is she short of breath with exertion? Yes

What is the altitude in the area? 5500 feet.

Has she had abdominal pain? No

Does she pass blood with her stool? No

Has she had vaginal bleeding? No, not for many years.

Has she had bleeding from any wounds? No

Laboratory: Urinalysis entirely normal; Hemoglobin 50%.

