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# **CLINICAL CASES**

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# Case Template

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# Patient Profile

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- Gender: **male/female**
  - Age: **#** years
  - Occupation: *Enter occupation*
  - Current symptoms: *Describe current symptoms*
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# Medical History

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## Comorbidities

- *List comorbidities*

## Measurements

- BMI: # kg/m<sup>2</sup>
- BP: #/# mmHg
- *List other notable results of physical examination and laboratory tests*

## Social and Work History

- *Describe any relevant social and/or work history*

## Current medications

- *List current medications*

# Discussion Questions

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**BASED ON THE CASE PRESENTATION, WHAT  
WOULD YOU CONSIDER IN YOUR  
DIFFERENTIAL DIAGNOSIS?**

**WHAT FURTHER HISTORY WOULD YOU LIKE  
TO KNOW?**

**WHAT TESTS OR EXAMINATIONS WOULD  
YOU CONDUCT?**

# Pain History

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- Duration: *When did pain begin?*
  - Frequency: *How frequent is pain?*
  - Quality: *List descriptors of pain*
  - Intensity: *Using VAS or other tool*
  - Distribution and location of pain: *Where does it hurt?*
  - Extent of interference with daily activities: *How does pain affect function?*
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# Clinical Examination

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- *List results of clinical examination*

# Results of Further Tests and Examinations

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- *List test results, if applicable*



# Discussion Question

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**WHAT WOULD BE YOUR DIAGNOSIS  
FOR THIS PATIENT?**

# Diagnosis

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- *Describe diagnosis*

# Discussion Question

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**WHAT TREATMENT STRATEGY  
WOULD YOU RECOMMEND?**

# Treatment Plan

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- *List both pharmacologic and non-pharmacologic components of management strategy*

# Follow-up and Response to Treatment(s)

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- *Describe pain, function, adverse effects, etc. at next visit*

# Case Template: Discussion Question

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**WOULD YOU MAKE ANY CHANGES TO  
THERAPY OR CONDUCT FURTHER  
INVESTIGATIONS?**

# Other Investigations

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- *List results of further investigations, if applicable*



# Changes to Treatment

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- *Outline changes to therapy, if applicable*



# Conclusion

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- *Describe pain, function, adverse effects, etc. at next visit*

# What If Scenarios

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- How would your diagnosis/treatment strategy change if...
  - *List what if scenarios*


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# Case 1

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# Patient Profile

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- **Gender:** female
  - **Age:** 73 years
  - **Occupation:** house wife
  - **Current symptoms:** low back pain with radiation to the left foot
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# Medical History

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## Comorbidities

- Heavy smoker
- Obese
- Anxiety

## Measurements

- BMI: 40 kg/m<sup>2</sup>
- BP: 130/90 mmHg
- Fever: 36<sup>0</sup>C

## Social and Work History


- Divorced
- Not working

## Current medications

- Acetaminophen 500 mg qid

# Discussion Questions

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- Based on the case presentation, what would you consider in your differential diagnosis?
  - What further history would you like to know?
  - What tests or examinations would you conduct?
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# Pain History

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- **Duration:** for the last 8 months
- **Frequency:** whenever she bends forward
- **Distribution and location of pain:** low back area and left leg down to the foot
- **Quality:**
  - Pain the low back area described as squeezing and dull
  - However, pain radiating down to the left posterior leg and left foot is described as shooting pain and “like electric shocks”
  - She mentions frequent spontaneous burning pain in her left foot
- **Intensity:** 8/10 (on a scale of 0-10)
- **Extent of interference with daily activities:**
  - She cannot perform activities of daily living
  - She is fed up with this unbearable pain

# Clinical Examination

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- Patient is limping on the left
- Range of motion of the low back spine is limited, especially on lateral flexion to left and bending forward
- Lasègue sign is positive on left
- On neurological examination:
  - She has mild motor deficit (-5/5) on left foot dorsiflexion
  - She has left S1 dermatomal sensory deficit
  - Left achilles is hypoactive
  - There is brush allodynia and pinprick hyperalgesia on the left foot



# Results of Further Tests and Examinations

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- DN4 questionnaire score is 7/10  
(score  $\geq 4/10$  is positive for neuropathic pain)
- Routine blood tests are within normal limits
- ENMG: left S1 radiculopathy
- Lumbar MRI: herniated disc on left S1 nerve root

# Discussion Question

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- What would be your diagnosis for this patient?

# Diagnosis

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- Mixed type low back pain  
(nociceptive/inflammatory and neuropathic pain components)

# Discussion Question

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- What treatment strategy would you recommend?

# Treatment Plan

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- **Pharmacological:**
  - $\alpha_2\delta$  ligands
  - Antidepressants
  - nsNSAIDs/coxibs
- **Non-pharmacological:**
  - Advise mobilization, avoiding bed rest
  - Social support
  - Patient education

# Follow-up and Response to Treatment(s)

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- Patient is 80% satisfied with the treatment
  - She reports no adverse events
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# What If Scenarios

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- How would your diagnosis/treatment strategy change if...
  - *The patient now reports red flags?*
  - *The patient reports side effects due to medications?*
  - *The pain relief is not satisfactory (less than 50%)*
  - *The patient has non-adherence?*