CLINICAL CASES
Case Template
Patient Profile

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

Comorbidities
- *List comorbidities*

Measurements
- BMI: # kg/m²
- 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

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

• 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?*
Clinical Examination

- *List results of clinical examination*
Results of Further Tests and Examinations

- *List test results, if applicable*
Discussion Question

WHAT WOULD BE YOUR DIAGNOSIS FOR THIS PATIENT?
Diagnosis

• *Describe diagnosis*
Discussion Question

WHAT TREATMENT STRATEGY WOULD YOU RECOMMEND?
Treatment Plan

• List both pharmacologic and non-pharmacologic components of management strategy
Follow-up and Response to Treatment(s)

• *Describe pain, function, adverse effects, etc. at next visit*
WOULD YOU MAKE ANY CHANGES TO THERAPY OR CONDUCT FURTHER INVESTIGATIONS?
Other Investigations

• List results of further investigations, if applicable
Changes to Treatment

• *Outline changes to therapy, if applicable*
Conclusion

• *Describe pain, function, adverse effects, etc. at next visit*
What If Scenarios

• How would your diagnosis/treatment strategy change if...
  – *List what if scenarios*
Case 1
Patient Profile

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

## Comorbidities
- Heavy smoker
- Obese
- Anxiety

## Measurements
- BMI: 40 kg/m²
- BP: 130/90 mmHg
- Fever: 36°C

## Social and Work History
- Divorced
- Not working

## Current medications
- Acetaminophen 500 mg qid

BMI = body mass index; BP = blood pressure
Discussion Questions

• 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

• **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

• 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

• DN4 questionnaire score is 7/10 (score ≥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

DN4 = Douleur neuropathique en 4 questions; ENMG = electroneuromyography; MRI = magnetic resonance imaging
Discussion Question

• What would be your diagnosis for this patient?
Diagnosis

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

• What treatment strategy would you recommend?
Treatment Plan

• Pharmacological:
  – $\alpha_2\delta$ ligands
  – Antidepressants
  – nsNSAIDs/coxibs

• Non-pharmacological:
  – Advise mobilization, avoiding bed rest
  – Social support
  – Patient education

Coxib = COX-2 inhibitor; nsNSAID = non-specific non-steroidal anti-inflammatory drug
Follow-up and Response to Treatment(s)

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

- 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?