

Topic 12

Case Study of Sore Throat



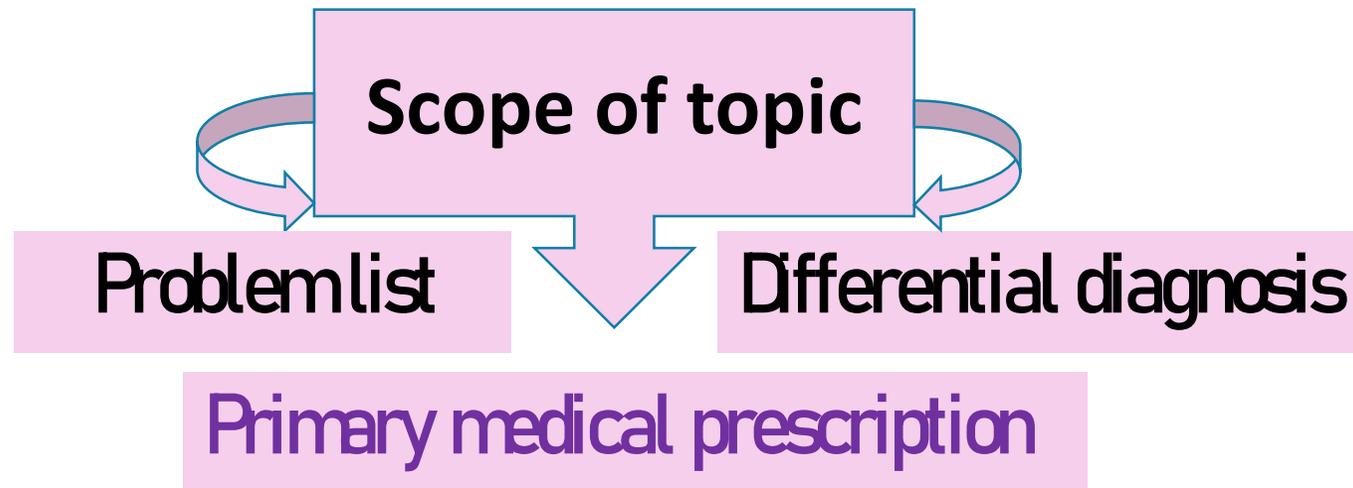
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Lesson objectives

By the end of the topic students should be able to:-

- assess health problems according to patient with sore throat,
- determine differential diagnosis of patient with sore throat,
- provide primary medical prescriptions and care for a patient with sore throat





Case study of sore throat

Chief complaints of the patient



A 43-year-old woman with complaints of fever associated with sore throat and post nasal drip 7 days.



History taking should attention to the onset, duration, recurrence pattern, associated with symptoms (cough, fever, itchy palate or eyes), medication use and family history.



- PE: examine the eyes, ears, sinuses, oral mucosa, tongue, post. Pharynx, chest and heart.

Case study

- A 43-year-old woman complained of **low-grade fever** with a **sore throat, stuffy nose, yellowish mucus, and occasional nasal discharges drip in post pharynx**, claimed to experience **pain the right cheekbone for 7 days**, and took antipyretic medication to reduce the fever thus prompted to seek medical help.
- The patient also confided to have caught colds with yellowish mucus discharges at an average of 2-3 times per year, air gasping, wheezing sounds were observed upon doctor's auscultation and was later diagnosed with **asthma**.
- **Penicillin sensitivity**

Physical examination ₁

Vital Signs

T = 37.8 °C, P = 82 beat/min (bpm), fullness, regular rhythm,
R = 18 bpm, BP = 120/70 mmHg.

BW= 65 kg, Ht.=175 cm.

General

Good consciousness, well orientation, looking acutely ill.

• Head and Face

Symmetry, Normal shape and size, Normal movement

Physical examination 2

Ears No discharge
Pinna no mass, No lesion
Mastoid no tenderness



Mouth Lip moisture,
Buccal mucosa – pink, no inflammation nor erosions,
No Koplik's spot
Tongue – Normal papillae, No sign of inflammation

Pharynx – Slightly injection, post nasal drip

Tonsil – no injection



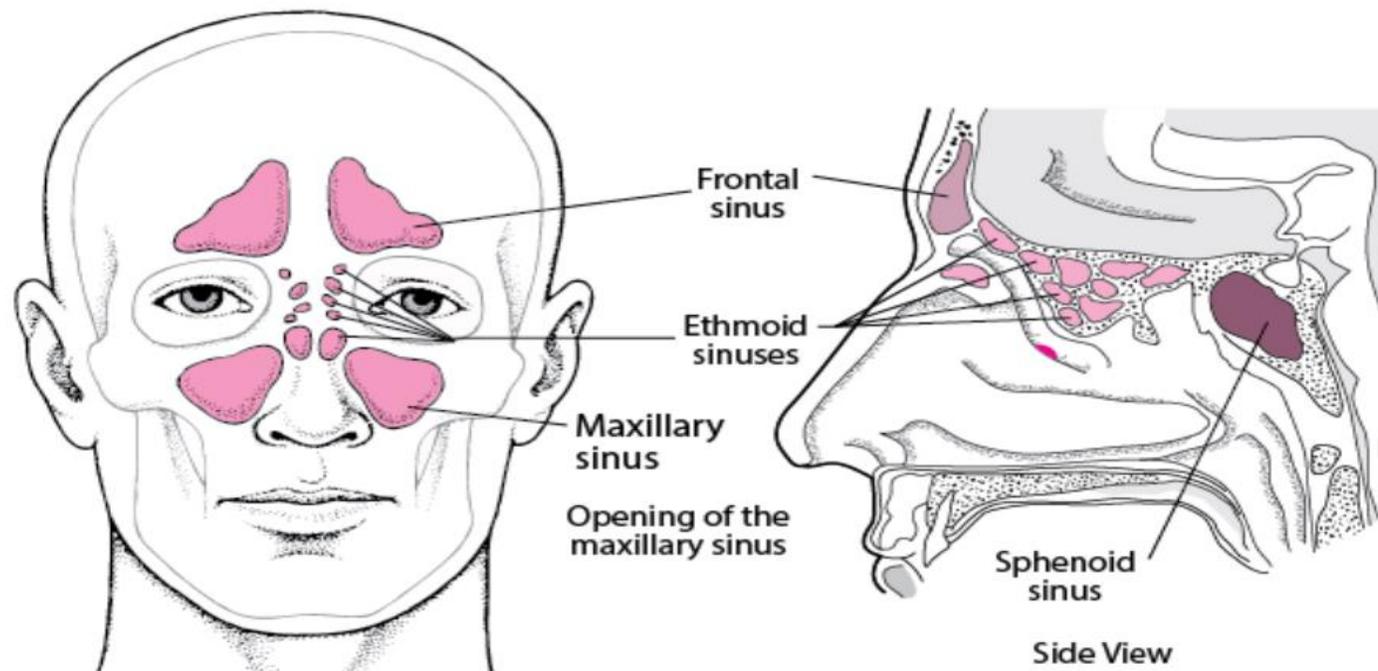
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Physical examination 3

Nose Symmetrical movement, No septal deviation

Nasal turbinate congestion 1+, yellowish mucus discharge

Both maxillary sinus area tenderness, and dullness



Picture from:

<https://www.msmanuals.com/home/ear,-nose,-and-throat-disorders/nose-and-sinus-disorders/sinusitis>



Physical examination 4

Chest

Symmetrical chest walls,
Normal size and shape

Normal chest
movement

Expansion full, R = L

Tactile fremitus, R = l

Percussion resonant, R= L

Breathe sound – Normal
vesicular,

No adventitious sound

CVS Heart sounds (HS) – normal S₁
and S₂, No murmur, No bruit
Peripheral pulses equal, R = L

Problem lists

1. Low-grade fever 3 days, $T = 37.8\text{ }^{\circ}\text{C}$
2. Sore throat,
3. Stuffy nose, yellowish mucus,
4. Occasional nasal discharges drip in post pharynx
5. Pain the right cheekbone for 7 days,
6. Nasal turbinate congestion 1+, yellowish mucus discharge
7. Both maxillary sinus area tenderness, and dullness
8. Pharynx – Slightly injection, post nasal drip

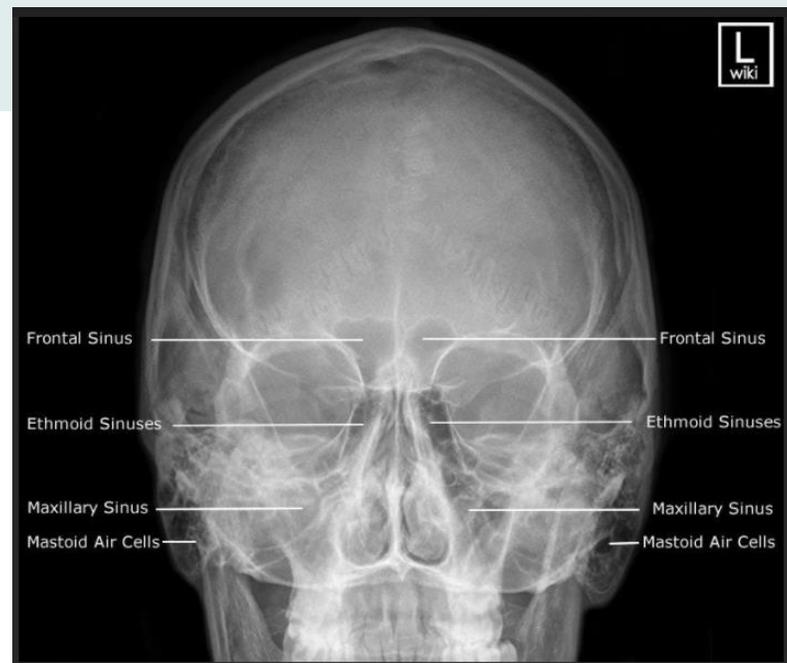
- Hx. Asthma
- Penicillin sensitivity

Problem lists

1. Fever for 3 days & nasal discharges **drip in post pharynx** & pain the right cheekbone for 7 days, sore throat, stuffy nose
2. Nasal turbinate congestion 1+ & yellowish mucus discharge & **both maxillary sinus area tenderness, and dullness** & pharynx slightly injection, post nasal drip

Plan for diagnosis

- X-ray paranasal sinuses if possible (order by physician doctor)



Picture from:

<https://www.bing.com/images/form=IRPRST&ajaxhist=0&ajaxserp=0&vt=0&sim=11>

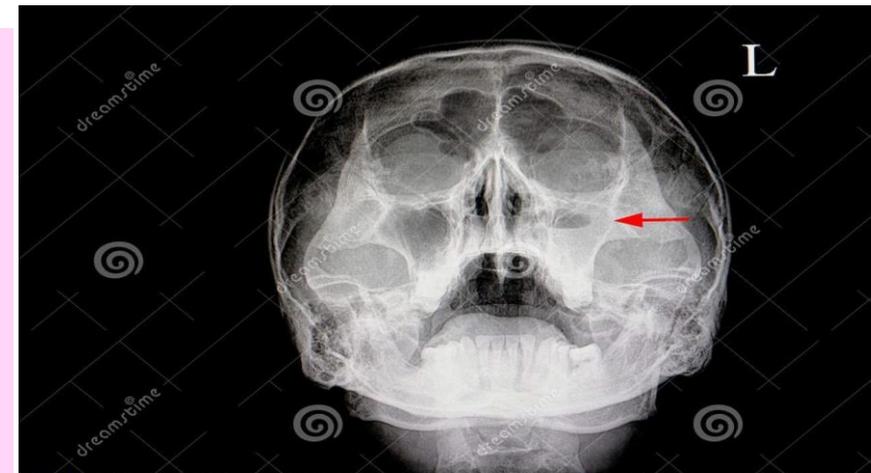
Assessment & Analysis

Problem lists

1. Fever for 3 days & nasal discharges drip in post pharynx & pain the right cheekbone for 7 days, sore throat, stuffy nose

2. Nasal turbinate congestion 1+ & yellowish mucus discharge & both maxillary sinus area tenderness, and dullness & pharynx slightly injection, post nasal drip

1. Acute Sinusitis
2. Common cold
3. Allergic Rhinitis



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Differential diagnosis

X Allergic Rhinitis

Differential diagnosis

X Common cold

Differential diagnosis

✓ Acute Sinusitis

Differential diagnosis

Cold, Allergies or Sinusitis? Here's How You Can Tell

If you're sick with what seems like a cold or an allergy attack that just won't go away, it might be sinusitis, an inflammation of the sinuses. Here are some symptoms of each condition:



Sign/symptom	Sinusitis	Allergies	Cold
Nasal Discharge	Cloudy or colored	Clear, thin, watery	Thick, whitish
Nasal Congestion	Often	Sometimes	Yes
Facial Pressure/Pain/Fullness	Often	Sometimes	Sometimes
Duration of Illness	10 days or longer	Varies	Under 10 days
Double-worsening*	Sometimes	No	No
Fever	Sometimes	No	Sometimes
Pain in Upper Teeth	Sometimes	No	No
Bad Breath	Sometimes	No	No
Coughing	Sometimes	Sometimes	Yes
Sneezing	No	Sometimes	Yes

*Initial improvement followed by worsening within the first 10 days

1. Acute Sinusitis
2. Common cold
3. Allergic Rhinitis

Final diagnosis : **Acute Sinusitis**

Specific treatment

➤ Penicillin sensitivity

Antibiotic for 7-10 days such as;

- : Erythromycin 500 mg 1x4 per oral ac
- : Bactrim 200 mg 2x2 per oral pc
- : Roxithromycin 150 mg 1x2 per oral ac

Symptomatic treatment

➤ Hx. Asthma

- Antihistamine such as Chlorpheniramine maleate, Cetirizine, Hydroxyzine
- Acetaminophen (Paracetamol) 375 mg. 2 tabs q 6-8 hrs. for fever or pain.
- Hot compress

Summary

- ✓ A woman presents with keywords of sinusitis such as low-grade fever, nasal discharges drip in post pharynx, and pain in the right cheekbone 7 days.
- ✓ Physical examination showed pharynx slightly injection, postnasal drip with mucus discharge, pain both maxillary sinus area to palpation and dullness to percussion.
- ✓ She has asthma diseases and penicillin sensitivity then a primary prescription was antibiotic without penicillin 7 days and antihistamine, acetaminophen, and Hot compress to release symptoms.



Thank You!



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