

ARTHRITIS CASE HISTORIES

1) a 22 year old white male, Bill M. Later, comes to clinic for ER follow-up. He has a 2 month history of pain and AM stiffness in multiple joints including hands, wrists, knees, and feet. He was noted to have joint swelling in the ER and given naprosyn which he feels was helpful. He has no other symptoms and has otherwise been in good health.

On examination he has synovitis of MCPs, PIPs, wrists, knees, and MTPs. The rest of the exam is unremarkable.

DDX?

DIAGNOSTIC TESTS?

2) A 32 year old white female, Cara Free, is referred to you for evaluation of acute onset arthritis of hands, wrists, knees, and feet, as well a pruritic rash. The symptoms have been present for 3 weeks and her family physician found that she had an ANA of 1:160 and negative rheumatoid factor. She is sent to you with the diagnosis of SLE.

Examination: mild symmetric polyarthritis of hands, wrists, and feet. erythematous rash on the trunk. Otherwise unremarkable.

DDX?

DIAGNOSTIC STUDIES?

3) A 68 year old white female, Ima Hurtin, comes to your office with a 3 month history of pain and stiffness in the shoulders, hands, and buttocks. It began suddenly and it is worse in the morning. She has difficulty doing ADLs in the am due to arm pain. Her PCP felt that she had bursitis and gave her an injection of corticosteroids that helped the injected side and the opposite side for about one week. In general she felt great for about 1 week post injection. She is on antiarrhythmics for difficult to control atrial fibrillation.

Examination: reduced ROM of both shoulders with sx and sx of rotator cuff tendonitis. Mild fullness in both wrists and mcps.

DDX?

DIAGNOSTIC STUDIES?

4) A 22 year old white male, Joe Ointpain , comes to the ER c/o a 3 day hx of right knee pain. The pain has become progressively worse to the point that he is unable to bear weight on it at all.

Examination: temperature 38.0. right knee flexed to 30 degrees. He will not allow you to flex or extend the knee. It is warm, and there is redness as well as tenderness around the knee.

DDX?

DIAGNOSTIC STUDIES?

TREATMENT?

5) A 32 year old white female, Sunny Worship, comes to your office with a rash on her arms, face, and chest, and joint pain. The rash was worse on the left forearm and the joint pain was worse in the am and affected the hands and wrists.

Examination: there was a erythematous, scaly rash on the forearms, V of the chest, and face. There was mild synovitis of MCPs, PIPs, and wrists.

DDX?

DIAGNOSTIC STUDIES?

6) A 56 year old Filipino male, Imo Biguy, comes to your office with 2 days of right wrist pain. The pain began suddenly and now he is unable to move it.

Examination: he is an overweight male. The right wrist is swollen, warm and he resists movement. The rest of the exam is unremarkable.

DDX?

DIAGNOSTIC STUDIES?

TREATMENT?

7. A 28 year old African-American female, Sara Leighton-Elliot, comes to clinic with a history of 1 week of lower extremity swelling, and fatigue. ROS reveals low grade fevers in the recent past and thinning of her hair. G2POAb 2.

Examination: Maybe some hair thinning, 2+ pitting edema to mid calf, small dark spots near the edges of several nails and a net like rash over her extremities.

DDX?

DIAGNOSTIC STUDIES?

8. A 45 year old woman, Jimmi Dean, comes to your office with a 4 month history of right knee pain and stiffness and diffuse swelling of the left middle finger. Generally worse in the AM. Aleve seems to help. Past medical history only significant only for mild HTN, for which she takes HCTZ, and mild psoriasis of the scalp for which she uses a tar shampoo.

Examination: BP 120/70, small patch of psoriasis in the scalp, dactylitis of the left middle finger, swelling of the right 2nd PIP joint, and moderate swelling of the right knee.

DDX?

DIAGNOSTIC STUDIES?

9. A 52 year old Nun, Sister Baker, complains of 3 week history of right knee pain and swelling. It occurred after working in her vegetable garden. She has trouble walking now because of the pain and going up stairs is particularly a problem. She has also had several episodes of locking of the knee when she tries to get up after sitting. She feels a fullness in the back of her leg that wasn't there before.

Examination: Moderate to large effusion in the right knee and marked tenderness of the medial joint line. Legs look asymmetric from behind just below the knee.

DDX

DIAGNOSTIC STUDIES

TREATMENT?

10. You are called to see a 74 year old male in the hospital, Joseph Camel, who was admitted for vascular bypass surgery of the left lower extremity. 2 days after surgery, his right knee has become very swollen, painful and warm.

Examination: Moderate to severe swelling right knee. Will not allow much movement of the knee due to pain.

DDX?

DIAGNOSTIC STUDIES?

TREATMENT?