



GREATER GLASGOW HEALTH BOARD
WESTERN INFIRMARY / GARTNAVEL GENERAL HOSPITAL UNIT

CLINICAL TEACHING CASE STUDY

**ADULT
HOMEOPATHY
CLINIC**

**VOLUME II
LEARNING ACTIVITY
NOTES, REVIEWS
& SAMPLE ANALYSES
Week 9**

CONFIDENTIAL

Name: Helen McC.

Study Case No 10.

CLINICAL TEACHING CASE No 10.

Respect Patient Confidentiality

Discussion or disclosure is not permitted, except within your training group.



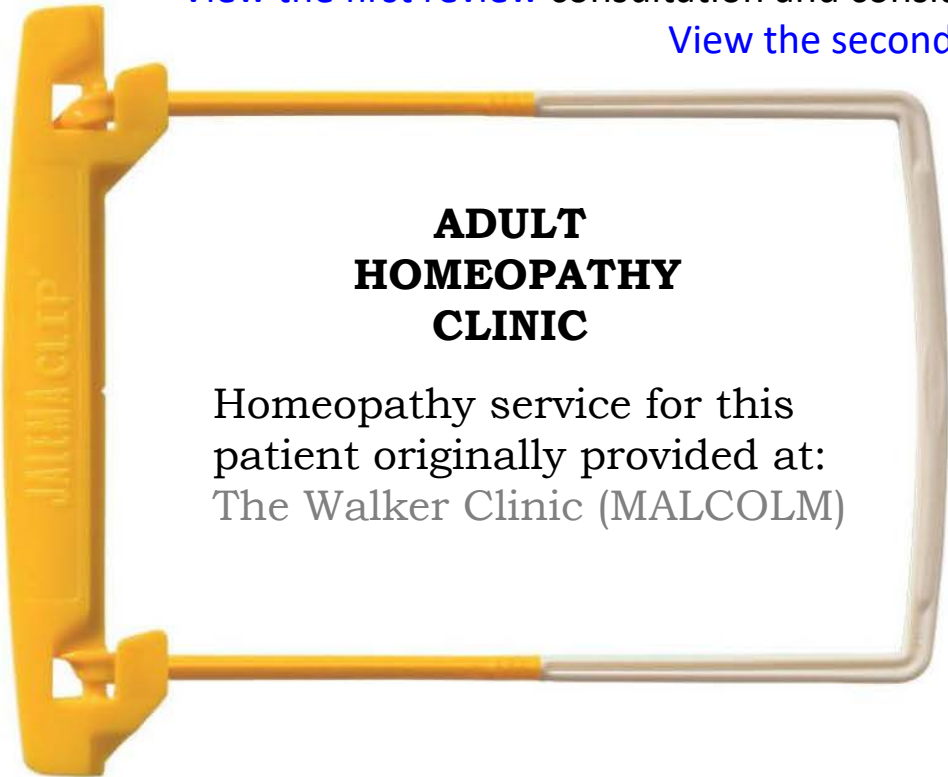
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Name: **HELEN McC.**
Age at First Consultation 58 yrs

Presenting Complaint / Principal diagnosis:
Complex regional pain

INSTRUCTIONS FOR LEARNERS:

This case study is provided as a learning activity - firstly in regard to symptom selection and thereafter as an exercise in case analysis.
[View the first consultation](#) for this case in week 7 and follow the instructions in this folder. Undertake an analysis of symptoms in week 8.
[View the first review](#) consultation and consider further treatment in week 9.
[View the second review](#) consultation in week 10



After you have added your own notes to this interactive pdf file, be sure to save it to your computer. Once the case review for this patient has been concluded, save the final copy to your training portfolio.

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CORRESPONDENCE

NOTES

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OTHER

CASE STUDY 10 - Mrs Helen McC - Video Transcript

First consultation, Female 58 - Rough edit to 15 minutes 30 sec.

PRESENTING COMPLAINT [00' : 15"]

Can you tell me about the problem?

... back problem
which only comes (sort of)
... every six weeks...
...suddenly appears

and lasts for
two or three days.



https://youtu.be/f3_r_B5q0uA



When it comes it is very severe ... very depressing

... not all the time,
but it has a kind of... a nerve pain ... which suddenly goes.

What is it actually like?

... hard to describe ... em ...
I'm sort of waiting for it
...there's a surge...
...then dies down.

I mean, I can move...
... I can do things...
... it doesn't... prevent me from doing...
...other than I know it will happen again...

ACTIVITY 1. (Wk 7)		ACTIVITY 2. (Wk 8)
Symptom Category	Observation	Corresponding Rubric

And what sparks it off?

That brought an issue...

I wondered if it was... perhaps... standing...

...it all seems to be if I'm 'busy'

... particularly busy,

or uptight about things.

... [inaudible] ... tension thing...

although it has happened when I haven't been aware of that...

... as when I've been on holiday...

But they don't seem to be able to

do anything to help it -

I've been more or less told.

Where about in the back is it?

...One place...

... there [indicates]...

When it comes it is just always in the one place,

I have a TENS machine which I can put on.

Does that help?

I *think* it helps.

I think it keeps it from perhaps being just...

'over the top'

Another thing... that it starts...

I have a feeling - really about an hour before - that it *could* come.

... but it flares

and, as I say, I'm working about

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

My grandfather he, I think he had cancer [inaudible]...throat I think.
 I think she had ...
 I don't know what it's called, but I think she had jaundice.

HOMEOPATHIC GENERALS [05' :13"]

Temperature [fever, chill and perspiration]

*Are you generally warm-blooded, or chilly,
 in your reactions to temperature round about you?*

I am fairly reasonable during the day,
 but like an ice block at night.

*Would you say that you are more likely to get overheated
 or do you tend to get chilled?*

I'd say I am more likely to get overheated.

Are you tolerant of the sun?

I like the sun, but I don't like it too hot.
 I love being out in it...
 I long for it,
 but when it's really hot I want a bit of shade.

Do you perspire much?

I can do, certainly

... in what situations?

I can probably be alright during the day,
 but I'll be ready to go out ...
 being out, or being in company ... I can.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

SLEEP & DREAMS [06' : 10"]

Are you sleeping all right?

Yes.

I dream a lot
and waken two or three times a night...
then go to sleep again.

[Are there] any recurrent themes in the dreams?

No [inaudible] ... quite vivid ...
I've done that for a long time.

Do they tend to be totally imaginary, or do they relate to everyday life?

No I'd say...
... you maybe try and think about why you were dreaming of
something and, well, we were talking - maybe even a few days
before - about somebody and they can come into the story
... right into the dream.

SYSTEMATIC ENQUIRY [06' : 52"]

1. HEAD

Headaches?

I can get headaches, but [inaudible]
But I can be quite headachy.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

What would they be like?

I can have it ...
I can go to bed with a slight headache
and waken in the morning feeling the same.
I've had that once or twice.
But normally if I take [inaudible] that controls them..

2. ENT [07' : 23"]

Are you catarrhal?

No. My nose can suddenly start running...
... but I'm not one for having colds et cetera.

Have you got allergies, as such?

No

Do you have pets at home?

No. I did have a dog.

3. CHEST

[Are there any] chest troubles?

No

4. ABDOMEN

[Are there any] tummy problems?

No

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

No indigestion, constipation, diarrhoea, gurgling & churning, wind ... ?

Gurgling, but not to the extent that somebody would notice.

5. URINARY

Problems with the water [urinary]?

No

Infections? Discharges?

No

6. SKIN [08' : 14"]

Skin problems?

Well, I have, at the moment ...
comes and goes ... a very itchy head.
Which I haven't had before.

I go [mimes scratching occiput]

And I've got a rash on my back
that keeps coming now
... that's a very recent thing...

And I don't know, maybe,
whether it's with carrying that machine (TENS),
because when I've had it on I can have this rash
... but it isn't in exactly the same place.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

Do you have any moles or warts?

Well I've had a melanoma removed from here [indicates left thigh],
but just as a patient for the day.
I've been back having checks,
but that must be five years
and they were happy
to stop the checks, unless I need to ...

And I have, you know, ... a few
- I've got some a few [naevi] on my back.

HOMEOPATHIC GENERALS [09' :17"]

(I) Weather, Seasons & Time

Does damp weather or humidity affect the way you feel, or affect the symptoms?

Dull weather affects the way I feel a lot
... dull, dreary days.

... but dull or damp? ...

It doesn't affect **me**, physically.

Are you a day person, or a night person?

Day.

Do you have a good time of the day and a bad time of the day?

No.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

I'm on hormone therapy [HRT]
 I didn't put that down [on the questionnaire].
 I get that twice a year [depot].

So, it is an 'inserted' form?

Yes.

HOMEOPATHIC GENERALS [10' : 16"]

(II) Food & Drink [Desires & Aversions]

[Are there] strong food cravings?

No

What would you miss from your diet if it wasn't there?

I don't know. I haven't got anything that's particular...
 I like cheese ... I like quite a lot of the things I shouldn't.
 But I like sweets at night, but I don't bother during the day...
 But if I'm sitting at night, I'm inclined to ... [inaudible] ...

What about fruit?

... not a lot of chocolate

Food?

Fruit.

I enjoy fruit but I don't eat a lot of it.

Do you like highly seasoned food, or do you like things fairly bland?

I like it seasoned.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

What about salt?

I take salt and I cook with salt in when I'm cooking.

HOMEOPATHIC - MIND [11' : 25"]

How would you describe your personality?

In what way ... (laughs)

What do you want to hear? ...

Reasonable or short... ?

Well, tell me who you are and how you would describe yourself?

... how I'd describe myself...

I'm friendly.

I would say reasonably tolerant...

but I don't know if my husband would agree... with that.

I'll go so long then I'll suddenly ...

... flare up.

Have you got a temper, would you say?

... can have.

What situations?

I don't **lose** my temper readily.

[inaudible] ... watch if I am still boiling hot.

Are you a forward-looking person, or are you retrospective in your thoughts?

Mmm ... I think I would say yes to looking backwards a lot.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

Case Study 10 (Helen McC)

HMcC - Last symptoms in memory

This analysis contains 210 remedies and 9 symptoms.

Intensity is considered

			thuj.	nux-v.	ars.	zinc.	lyc.	nit-ac.	calc.	staph.	nat-m.	agar.	lach.	plb.	bell.	symp.	sep.	graph.
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Sum of symptoms (sort:deg)			9	5	5	5	4	4	4	4	4	4	4	4	4	4	3	3
			14	8	7	6	8	8	7	7	6	5	5	5	4	4	7	6
01. MIND - SPEECH - finish sentence; cannot	1	14	1	-	1	-	-	-	-	-	-	-	1	-	-	1	-	-
02. MIND - SPEECH - monosyllabic	1	9	2	2	1	-	-	-	-	-	-	-	-	-	-	1	-	-
03. MIND - SECRETIVE	1	42	2	1	-	1	2	1	-	1	1	1	1	1	1	-	2	-
04. NOSE - CORYZA - sudden attacks	1	16	2	-	-	2	-	-	-	1	-	1	-	-	-	-	-	-
05. GENERALS - SURGING through body; sensation of something	1	29	1	2	1	-	-	-	1	-	-	-	-	1	1	-	2	2
06. GENERALS - PERIODICITY	1	155	1	2	3	1	2	3	2	2	3	2	2	2	1	1	3	1
07. SKIN - EXCRESCENCES	1	42	3	1	1	-	3	3	3	3	1	-	1	1	1	-	-	3
08. MIND - EXPRESSING oneself - difficult	1	5	1	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-
09. KIDNEYS - PAIN - Region of - pressing pain	1	25	1	-	-	1	1	1	1	-	1	1	-	-	-	1	-	-

thuj.	sil.	lyc.	phos.	sep.	calc.	puls.	ferr.	cham.	nit-ac.	ph-ac.	acon.	rhus-t.	ign.	ruta	kali-s.	nat-m.	bell.	sulph.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
10	10	10	9	9	8	7	7	7	7	7	7	7	7	7	7	6	6	6
18	17	14	16	16	14	16	14	13	13	12	11	11	10	10	9	14	13	13

► 1. GENERAL S - PERIODICITY - week - six weeks: every (2) 1

- | | | | | | | | | | | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| (2) | 1 | | | | | | | | | | | | | | | | | | |
| (115) | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 3 | | 2 | 1 | 1 | 1 | 1 | | 3 | 1 |
| (24) | 1 | | 1 | 1 | | 1 | | | | | | | | | | 1 | | | |
| (45) | 1 | 1 | | 2 | 1 | 1 | | 1 | 2 | | | 1 | | 1 | | 2 | 1 | | 2 |
| (19) | 1 | | 3 | 1 | | 1 | | | | 1 | 1 | | | 1 | 3 | | | | |

▶ 1. BLADDER - URINATION - urging to urinate (403) 1

- (403) 1 3 1 2 2 3 2 3 2 2 3 2 2 2 1 1 3 3 3
 (1) 1 1 1 1 1 1 1 2 1 1 1 1 1 1 1 1 1 1
 (80) 1 2 2 2 1 1 1 1 1 1 1 1 1 1 1 1 3 1

▶ 1 GENERAL S - COLD - feeling - icy cold (7) 1

- [illegible]

9/6/.

Telephone call.

Back symptoms away for 2/12.

Same recurrence in last 1/12

but not so severe or long lasting.

(note on tape)

Rx Thuja 30/2 200/1

M/065/93

2 Kirkhouse Lane

Bl a, 963

25th August

Dear Dr. Malcolm,

Thank you for sending
"the pills". Hope they do the trick - at least
I have been clear of the trouble for several
weeks, which is great.

My thanks again,

Yours sincerely,

Helen M. M'Lo.

FIRST REVIEW

Review:

Follow the link to view the online review video.
What do you observe concerning her demeanour
and speech patterns?

She had three main complaints relating to her skin,
her pain and her bladder control. What has
changed or is currently changing?



<https://youtu.be/IErrdO8ncJw>

22/7

No back pain until this week → about 1/2 normal duration
Didn't last as long. (but as severe) aware of it on Tues
Free of pain for 3/12. ++ late afternoon -
away completely by Thurs.
Daughter arrived beginning of July. No associated symptoms.
? energy sink after excitement. Some anticipation of probs
Used fenoprofen Site of pain + nature
DHE continues. as before
A little more relaxed (?) in herself Severe pain.
Still dreaming. Waking x 2/3 like a gripping or contraction.
Shin →
Anticipates + curtails plans due to "possibility of pain"
Q Thruja 30/1, 200/1, 100/1