

Musculoskeletal Block

Case-3



Page-1

A 38-year-old manual worker had an episode of pain and swelling in his left big toe six months ago. He was given NSAID (Indomethacin 100mg/day) and he had completely recovered within three days.

He now presents to rheumatology outpatient department (OPD) with a one-week history of right ankle pain and swelling.

By history the pain and swelling increased with rest and partially reduced with activity and with cold water pack. He has no regular medications, and no chronic diseases.

Page-2

Physical examination:

His general health is good. His body temperature and other vital signs (pulse, respiratory rate and blood pressure) are normal.

BMI- Normal

His right ankle is swollen and tender with shiny erythematous hot skin.

Page-3

ESR and CRP was elevated (ESR 60 mm/hr CRP 25mg/L)

Plain X-rays of right ankle and both feet were normal.

The rheumatologist aspirated his right ankle joint, for synovial fluid analysis and culture, and it shows

-turbid color

-low viscosity

-WBC 35000/c mmol

Negative culture and gram stain- Negative

Question :

1. How would you interpret these findings?
2. What would you do next?

Page-4

Advised to rest his joint

The patient was put on Indomethacin 100mg/day.

He was also advised to use cold pack regularly on his ankle joint.

After two week patient was symptom free and ankle examination was normal. Patient started on Allopurinol 300mg OD and Indomethacin 100mg/day.

On polarized microscopy serum uric acid was elevated (180-240 mmol/L normally). The synovial fluid showed needle chapped sodium mono urate crystals.

The diagnosis was established as gouty mono arthritis.

Second Session (Part 2)

The second session will be the feedback for the all learning objectives decided by the group. In this activity possibly most of the queries will be answered. The other issue will also be raised which should be assigned to be discussed in the first session of the second case next week. The tutor should take care of assessment of the group according to the “student assessment form” provided.