



PBL Case 2

My Mouth is Dry



New Terms



Racing: Rapid, fast, increase in rate.

Worried\Afraid: To worry, feeling fear.

Dry Mouth: Refers to any condition in which your mouth is unusually dry.

Shaking hands: An uncontrollable hand moving. (e.g.: when you are cold)

Rapid heart: Heart is beating faster than normal\ Increase in the heart rate.

Desire to Cry: Wishing of longing to cry.

Registrar: A staff of specialist, who acts as head of the relevant clinical unit, (e.g. the surgical or medical unit)

Relaxation Therapy: Is a therapeutic approach that teaches the skills of various relaxation techniques, which decrease stress and anxiety.

Resting Heart Rate (RHR): Is the number of contractions of the heart that occur in a single minute while the body is at complete rest.

Respiratory rate: The number of breathes per minute

Key points



Trigger:

- *1- Sarah is 11 years old.*
- *2- She is alone at home for first time.*
- *3- She is very worried about her grand father's health & her mother didn't call.*
- *4- Suddenly every thing is dark.*
- *5- She is very frightened because of the dark & there was a sudden noise.*
- *6- she wants to cry but she doesn't have the courage.*
- *7- Her mouth is very dry.*
- *8- Her hands are shaking.*
- *9- Her heart is racing.*

Key points



Progress 1:

- *1- Sarah doesn't like darkness and being home alone.*
- *2- Symptoms: Dry mouth, sweaty hands and heart beating too fast.*
- *3- she was watching a scary movie when the electricity turned off.*
- *4- Sarah is worried about her grandfather, and she went through these symptoms in past experiences (when her grandmother was ill and when she was attacked by a dog).*
- *5- The noise turned out to be a cat that crashed a few things when jumping.*

Progress 2:

- *1- Sarah's family is going on a holiday with her grandfather.*
- *2- her grandfather is taking care of his health by having time to relax, taking his anxiety pills and doing fun activities.*
- *3- her grandpa's health is improving and he feels happier and relaxed.*

Key points



Case closure:

- *1- The family is back from their holiday.*
- *2- Sarah's grandpa continues his relaxation therapy and his anxiety levels has decreased.*
- *3- The therapist said that the relaxation techniques including avoiding stress has helped, by stimulating the parasympathetic nervous system and minimize the effects of another system called the sympathetic nervous system.*

-these two systems should work in a balanced way.

Excessive stimulation of the sympathetic nervous system as in the case of Sara's, caused a number of body changed such as:

- > Dryness in the mouth*
- > Shaking hands*
- > Increased heart rate*

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Notes



This is the first time for Sarah to be alone.

The crashing noise frightened her a lot.

She's sweating a lot

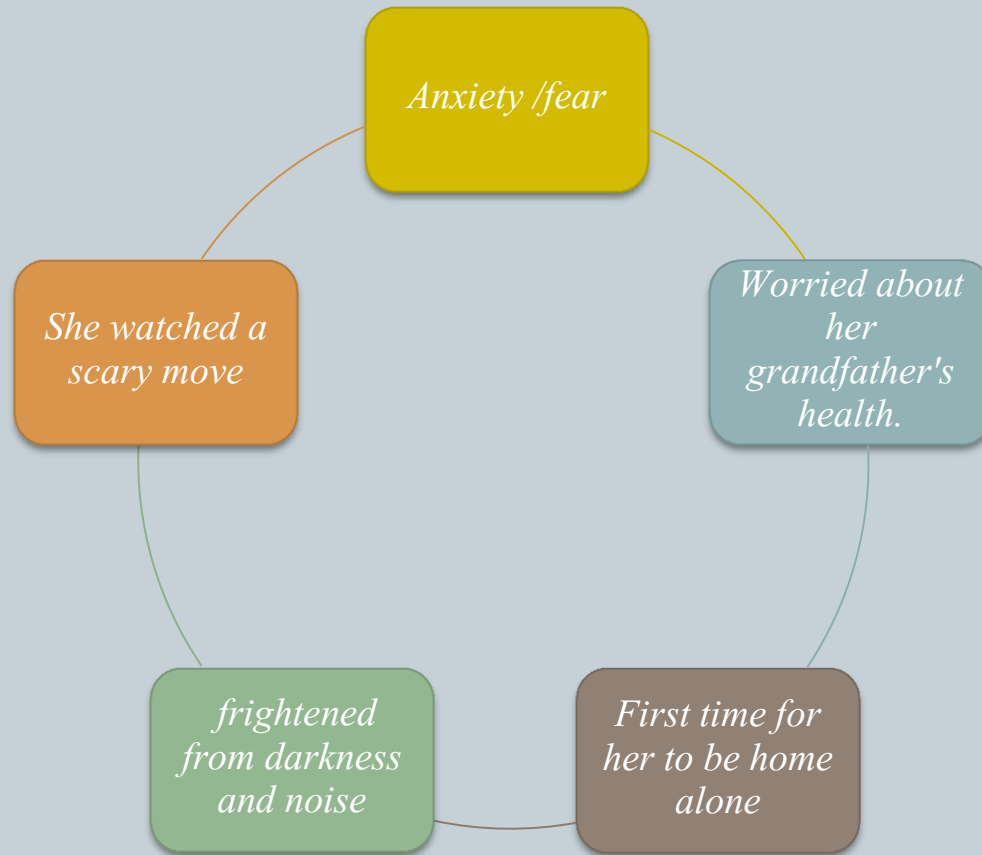
She has no fever and she is not on any medications.

Important Notes



CASE 2

Important Factors



Causes of her worries



*Sudden illness of
her grandfather*

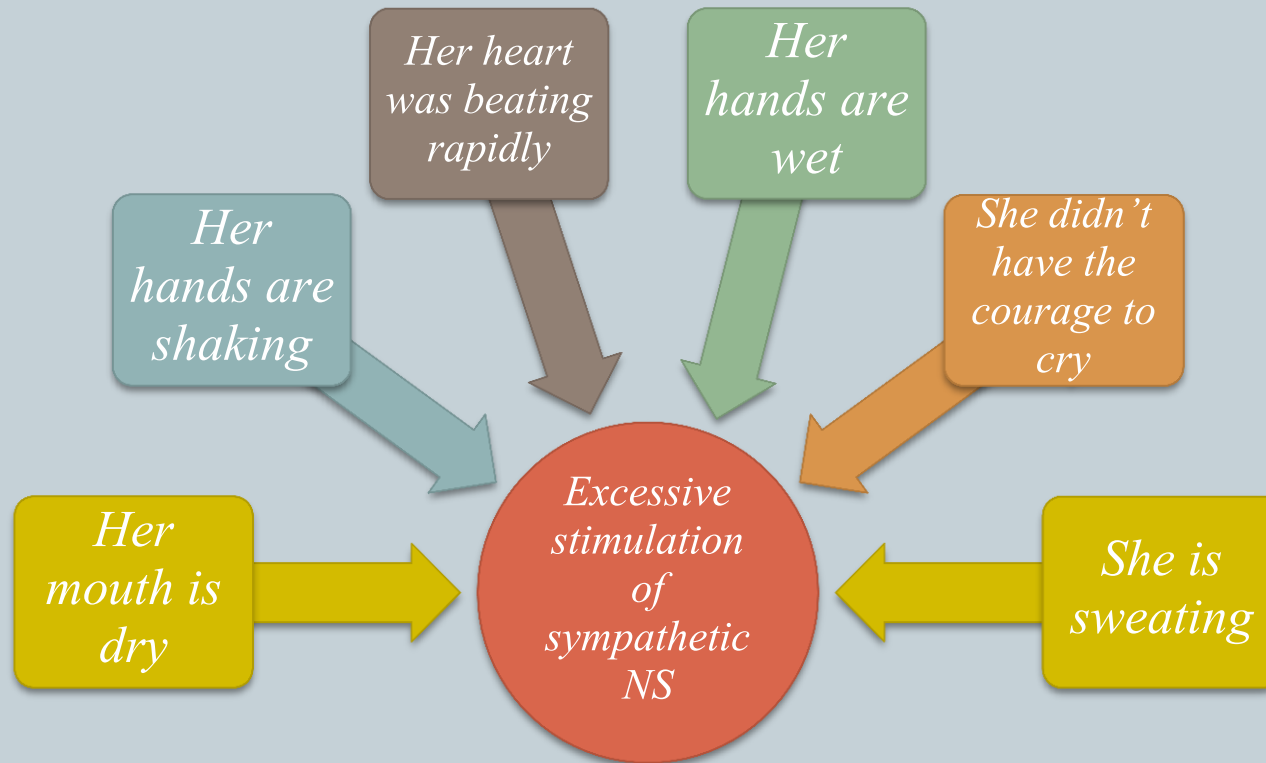
*Being alone at
home when it was
too dark*

*The noise that she
heard*

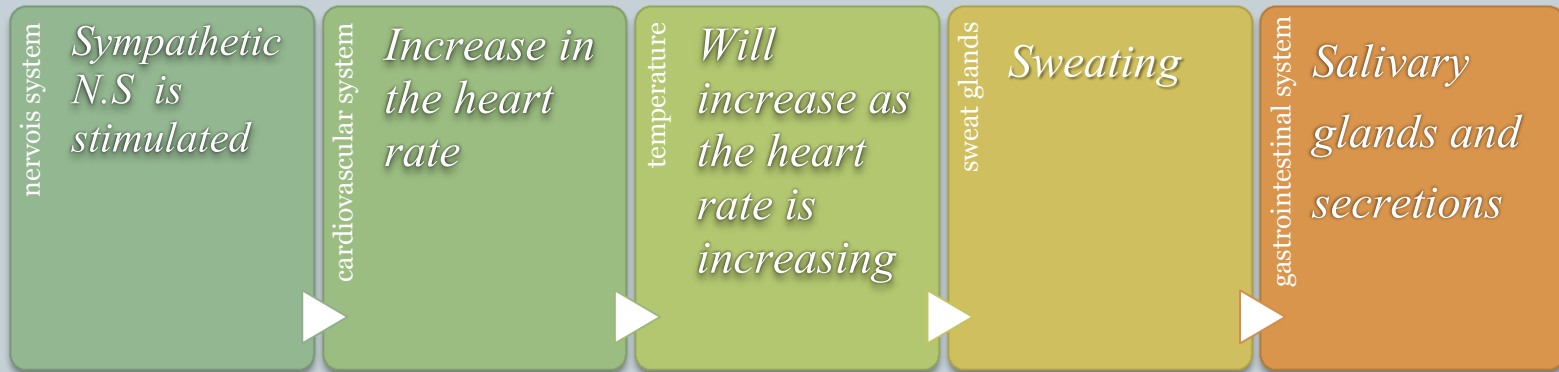
*She was watching
a scary movie*

*She does not want
her father to die*

Sara's Symptoms & their cause



Body systems



Possible questions



Q1: What are the main differences between the sympathetic and parasympathetic nervous system?

Subdivision	Nerves Employed	Location of Ganglia	Chemical Messenger	General Function
<i>Sympathetic</i>	<i>Thoracolumbar</i>	<i>Alongside vertebral column</i>	<i>Norepinephrine</i>	<i>Fight or flight</i>
<i>Parasympathetic</i>	<i>Craniosacral</i>	<i>On or near an effector organ</i>	<i>Acetylcholine</i>	<i>Conservation of body energy</i>

Q2: what does Racing mean in medical terminology?

- *Rapid, fast, or increased in its rate.*

Possible questions



Q3: what could trigger our fears?

- *Sudden bad news/event.*
- *Darkness.*
- *Wars.*
- *Uncertainty.*
- *Losses.*
- *For some people it could be, fear of heights, narrow places, or crowded areas.*
- *Wild animals.*
- *Lack of protection.*
- *Being attacked by a stranger.*

Q4: what are the structures and functions needed so our mouths won't be dry?

- *Normal body temperature.*
- *Drinking enough water.*
- *Normal salivary gland.*
- *Normal salivary duct.*
- *No inflammation or infection in the mouth, gums, etc.*
- *Normal fluid loss (e.g. No excessive sweating or diarrhea).*
- *No general illness.*
- *No over stimulation of sympathetic nervous system.*



Q5: which body system is stimulated when we exercise or attacked by a stranger?

- *The nervous system, particularly the sympathetic nervous system (a component of the autonomic nervous system.)*

Q6: what are the chemicals/hormones that increase when we experience fear?

- *Adrenaline.*
- *Noradrenaline.*
- *Cortisol.*

Q7: what are the scientific bases behind relaxation therapy?

- *Inhibits the sympathetic nervous system.*
- *Stimulate the parasympathetic nervous system.*

Best of luck!



This is not the only source of studying PBL

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