



King Saud University
College of Medicine
Department of Medical Education

“AM I DIFFERENT?”

Tutorial One

Year Two, Reproduction System Block

Curriculum Development Unit

Student's Case

Case 1; 2014

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Lila Ali, a 15-year-old student comes in with her mother to see Dr Mona Al Awady in her clinic. Lila's mother says, "Lila has not had her first period yet". On further questions, Lila's mother says, "Lila's body did not change for the last two years and there are no changes in her breasts like other girls in her age". Lila says, "my close friends usually talk about their experience when they have their periods and I feel left behind and uncomfortable. Am I different?".

Discussion Questions:

- Are there any difficult words you do not understand?
- List the key information about Lila.
- Identify Lila's presenting problems.
- For each problem, generate a list of possible causes (hypotheses).
- What further information would you like to know from history to refine your hypotheses?

Lila gives no history of cyclical abdominal pain. She has no pubic hair, or hair in her armpit, and she noticed no changes in her breasts. She has no changes in her appetite and is not on dietary restrictions. She gives no history of headaches, vomiting or double vision.

Past medical history

No past history of chronic illnesses, or chronic diarrhoeas.
No history of hospital admission or surgery.

Allergy and Medication

Nil

Family history

Lila has three sisters who are 2, 3 and 4 years older than her. Her mother and sisters all had their first period (menarche) when they were approximately 14 years old.

Social history

Lila is at grade one of her secondary school. She is an average student in her study. She has no close friends at school and rarely attend social activities. She feels different from other girls in her class. She feels stressed and unhappy because of her body and the fact that her breasts are not developed as that of other girls in her age. She is worried about her body and wonders when she will have her period.

Discussion Questions:

- Are there words that you do not understand?
- Summarize key information that you have obtained from this progress.
- Identify patient's new problems. Provide hypotheses for each problem.
- What further information would you like to know through clinical examination?

Lila's bodyweight is 43 kg and her height is 145 cm. She looks shy and lacks confidence. She has no webbing of the neck (extra skinfold at her neck base) and no other external anomalies. Axilla shows spare and scanty hair. Her breasts are not developed for her age. She has no goiter and her thyroid gland is normal to palpation. Her vital signs are summarized in the table below:

Vital signs

Vital signs	Lila	Normal range
Pulse rate	80 regular <i>N</i>	60-100/min
Blood pressure	110/70 mmHg <i>N</i>	100/60-120/80 mmHg
Temperature	37.1 <i>N</i>	36.6-37.2 °C
Respiratory rate	18	12-16/min

External genitalia and pelvic examination:

Fewer darker hairs along the labia majora.

Minimal development of labia minora and labia majora.

Hymen is normal.

Ultrasound of the pelvis confirms the presence of a normal uterus and ovaries for her age.

Abdominal examination:

Normal

Cardiovascular and respiratory examinations:

Normal.

Discussion Questions:

- Are there words that you do not understand?
- Summarize key information that you have obtained from this progress.
- Identify Lila's new problems. Provide hypotheses for each problem.
- Do you know a Nobel Prize laureate whose work has contributed to the advancement of our knowledge in physiology and/or pharmacology related to this case? What was exactly his/her work about? Give a summary.
- What are your "learning issues"?

~~Answer~~
Thyroid

Resources

A note to students: You are not required to read all these textbooks and resources to prepare for your learning issues. You could use one textbook or one resource for each discipline. For example, for this case you will need to use a resource covering issues related to the case from four disciplines: Physiology, Anatomy, Histology, and Obstetrics & Gynaecology. Once you have identified your learning resources, research them for your learning issues and the questions raised in the group discussion. You might choose to use alternative resources other than those listed below:

Textbooks:

- Rhoades R, and Pflanzer R. Human Physiology, 4th ed. London: Brooks/Cole, 2003.
- Drake RL, Vogl W, Mitchell AWM. Gray's anatomy for students. Philadelphia: Elsevier Churchill Livingstone, 2005.
- Guyton AC and Hall JE. Textbook of Medical Physiology. 10th ed. Philadelphia: WB Saunders & Co, 2000.
- Gartner LP and Hiatt JL. Color Textbook of Histology. 2nd ed. Philadelphia: WB Saunders & Co, 2001.
- Kumar P and Clark M. Clinical Medicine. 5th ed. Edinburgh: WB Saunders, 2002.
- Fox SI. Human Physiology, 9th Ed. McGraw Hill, 2005.
- Essentials of Obstetrics & Gynecology. N.F. Hacker & J.G. Moore (3rd Edition). Puberty pp. 567-579 (delayed puberty p. 568).

Educational websites:

1. Physiology of Menstruation

<http://ezinearticles.com/?Physiology-of-Menstruation&id=1033768>

This website provides you with physiological aspects about menstrual period.

2. Menstruation

<http://knol.google.com/k/menstruation#>

This website provides you with an overview about menstruation. At this stage, be selective about issues covering basic sciences.