

OSCE TEAM
MED434



جامعة
الملك سعود
King Saud University



History of ankle swelling

Color index :

Important

Further explanation

[Editing link](#)

OVERVIEW:

- ★ Edema is defined as a palpable swelling produced by expansion of the interstitial fluid volume; when massive and generalized, the excess fluid accumulation is called **Anasarca**

Differential Diagnosis:

inc permeability

1. **Anaphylactic** → any medication, anytime after you start the drug
2. **drugs (ACE inhibitors, Ca blocker)**
3. **hypothyroidism** → Fatigue, cold intolerance, Constipation, Dry skin, (bilateral, non pitting occurs in the back of the hand, Preorbital, Pretibial)
4. **hereditary angioedema**
5. **sepsis**

volume overload

1. **CHF** → bilateral edema, S3 gallop, elevated JVP
2. **renal failure** → Oliguria, hematuria, (bilateral edema, elevated JVP)
3. **steroid induced** → hot climate → → loss of volume due to sweating → edema in the morning, resolved in the night
4. **Cushing's syndrome**

venous or lymphatic obstruction

1. **Aortic stenosis** → dyspnea, chest pain, syncope
2. **mitral stenosis or regurgitation**
3. **tricuspid stenosis or insufficiency** → use of iv drugs ?hx of endocarditis?
4. **cardiac tamponade** → hx of lung or breast malignancy, TB. the pt have dyspnea, hypotension
5. **constrictive pericarditis** → hx of lung or breast malignancy, TB, (Bilateral edema, ascites, hepatomegaly, Kussmaul sign, Elevated JVP)
6. **cardiomyopathy** → Hx of MI, recently given birth
7. **abdominal mass or pregnancy** → causes inferior vena cava obstruction
8. **superior vena cava syndrome** → hx of TB ? lung cancer?(upper limb + face swollen more than legs)
9. **DVT** → hx of immobility, recent surgery, malignancy,(unilateral, warmth, tenderness)
10. **varicose veins** → prominent veins in the legs
11. **May-Thurner syndrome** → left leg pain and swelling (compression of the left iliac vein)
12. **Lymphatics obstruction** → history of malignancy, Yellow nails syndrome, filariasis

Dec Oncotic

1. **Nephrotic syndrome** → frothing of urine Due to Inc protein excretion, (bilateral edema , also periorbital, normal JVP)
2. **cirrhosis** → hx of alcohol, hepatitis, (bilateral, ascites)
3. **Protein losing enteropathy** → severe diarrhea, (bilateral edema)
4. **severe malnutrition, Kwashiorkor**

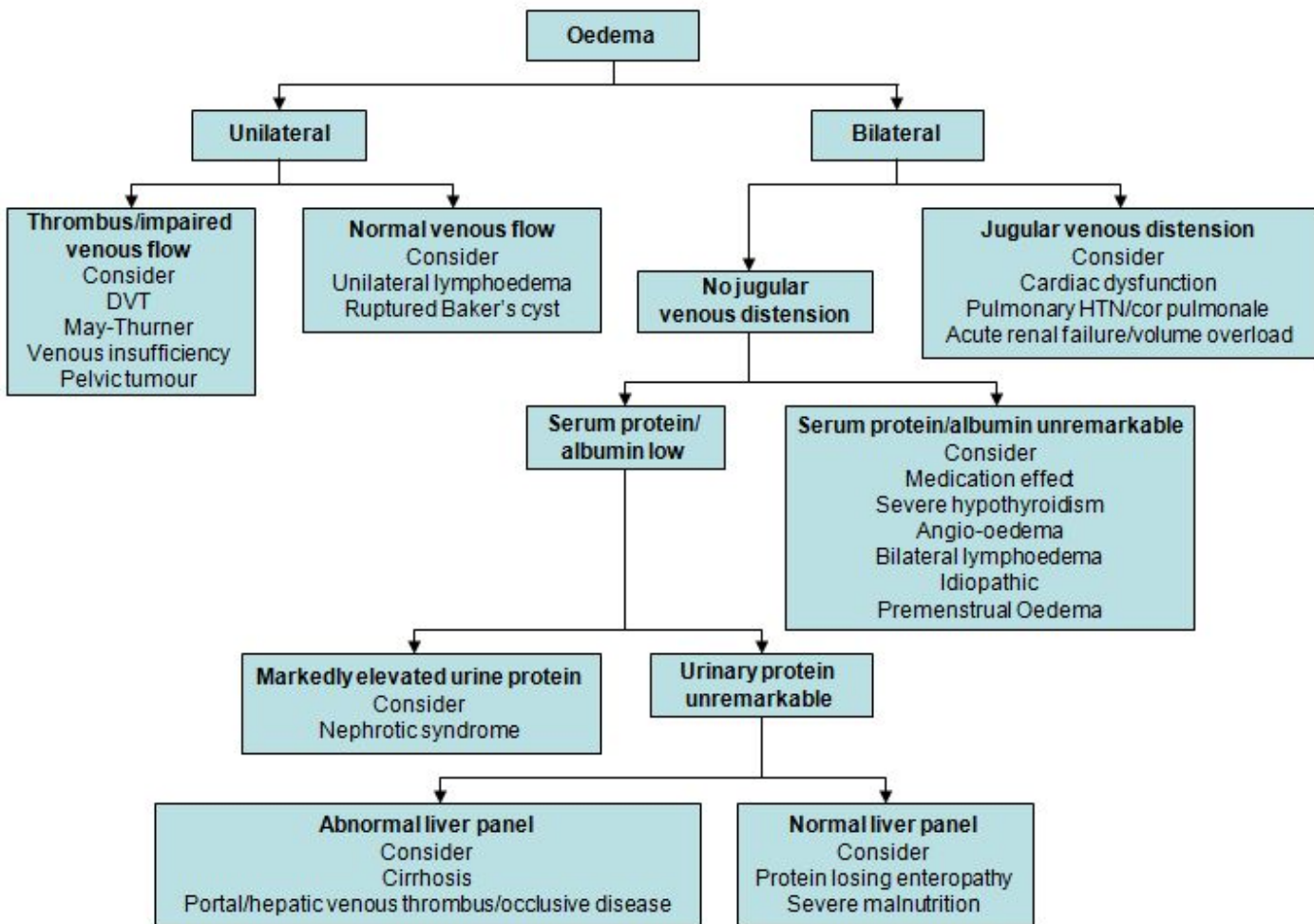
Personal Profile

Chief Complain: Ankle Swelling

Site	Unilateral→ Deep vein thrombosis, Cellulitis Bilateral→ almost all except, DVT, May- Thurner syndrome
Onset	Sudden→ DVT, Acute lymphatic obstruction Gradual→ renal, liver, heart failure. continuous or intermittent? cyclic pattern → Premenstrual Edema
Character	Pitting→ Cardiac: CHF, constrictive pericarditis, hypoalbuminemia, varicose veins, Calcium antagonists. DVT Non-pitting→Hypothyroidism, Lymphoedema, lipoedema. painful→ DVT Tender
Extension	To the ankle? below the knee? To the abdomen? The sacrum in To the middle of the thigh? bedridden patient? Face? ex: nephrotic syndrome
Alleviating Factors	ex: Leg elevation
Exacerbating factors	Prolonged Standing or sitting> poor venous return, Varicose vein, DVT, Warm weather> Milroy's syndrome, steroid induced Worse in the evening> HF
Associated symptoms	Pain?--> DVT, compartment syndrome Discoloration? → DVT, prominent veins in leg → DVT itching? weight loss/gain? Dry skin? → Hypothyroidism, Lymphoedema
medical history	Cardiac diseases → Heart failure Post thrombotic syndrome→ chronic venous insufficiency History of lung disease, PE→ Cor pulmonale. lung , breast tumor → cardiac tamponade, constrictive pericarditis, SVS DM/HTN Trauma→ compartment syndrome
Medications	Oral combined contraceptive → IVC obstruction, DVT Calcium Blockers, ACE inhibitor → Drug induced oedema steroids → sodium and water retention

Family History

Social History	Immobility → DVT Smoker→ CHF, Cor pulmonale Alcohol→ Liver Cirrhosis Obese woman→ Lipoedema pregnancy
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★ Treat the underlying cause

Edema Management	
Lifestyle modification	Pharmacological Therapy
Sodium restriction	Diuretics
Smoke cessation and restrict alcohol use	ACE inhibitors
Exercise	B blockers
Weight loss	

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