Scleroderma OSCE Station

SCENARIO: female with history of Raynaud's phenomenon(RP) and puffy hands,\OR other scenario female noticed changes in her skin's color in response to cold temp and skin tightness.

⌑ DON'T FORGET TO INTRODUCE YOURSELF 😊

Focused History of Scleroderma	
Personal information:	
Name,age ,occupation, residency	
Important Questions :	
Details of Raynaud's phenomenon	When first noticed? the pattern of color changes? Classically, the fingers first turn white, then blue and finally red after exposure to cold,This is a benign condition. How long does it last?Aggravating and reliving factors ?site? progression?
Digital ulcer & gangrene	Raynaud's phenomenon in patients with connective tissue diseases, especially systemic sclerosis, can lead to the formation of digital ulcers .It may be the first sign of this condition
Skin tightness	Site?onset?The effect on movement"extension"?progression?
Sx of GI involvement	▪ Upper GI: Heartburn, Dysphasia ▪ Lower GI: bloating, Diarrhea, Constipation ,Fecal incontinence
Sx of Arthritis	Joint pain?Morning stiffness?Stiffness after inactivity?Loss of motion?Deformity? Weakness?Changes in sensation?
Sx of cardiopulmonary involvement	Shortness of breath, coagh,Palpatation,syncope
Sx of renal involvement	urinary sx(change in urine color ,consistency "frothy", burning sensation, difficulty in urination,..) ⌑ Secleroderma renal crisis occur because of severe HTN,so ask about symptoms of HPB: headache?visual disturbance? steroid use?if she diagnosed by HTN?
Sx of myositis	Manifested by weakness with no pain.
Personal &Family hx	rheumatic diseases(RA,SLE,Secleroderma, Raynaud's disease)
Severity	The effect on daily activity

Dissection questions

Mention antibodies might present in this condition:

- ANA
- RNA polymerase III
- Scl-70(anti-topoisomerase):with diffuse subset of Scleroderma
- Anti-centromere:with limited subset of scleroderma

Mention 3 Differential diagnosis of thickened tethered skin:

- Systemic sclerosis (scleroderma)
- Mixed connective tissue disease (a distinct disorder with features of scleroderma , SLE, RA and myositis)
- Graft versus host disease

Peripheral signs of Scleroderma

TEXT BOX 25.3 Examining for systemic sclerosis (scleroderma)

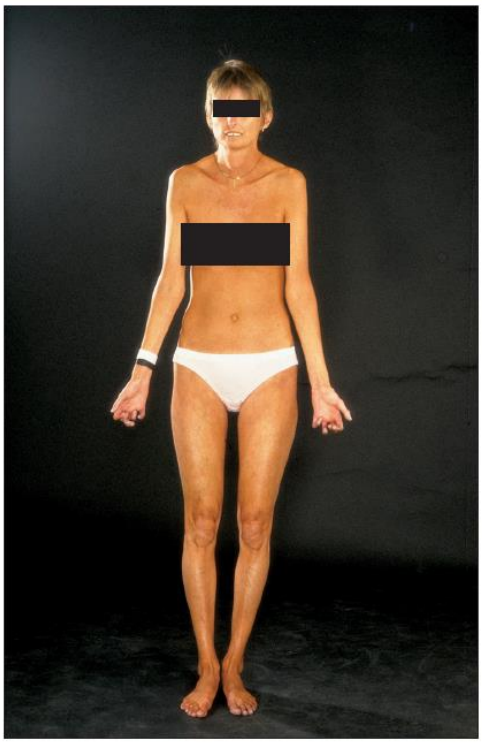

Figure 25.12 Scleroderma

1. **General appearance**
   'Bird-like' facies
   Weight-loss (malabsorption)
2. **Hands**
   CREST—calcinosis, atrophy distal tissue pulp (Raynaud's), sclerodactyly, telangiectasia, loss of finger pulp, necrosis
   Dilated capillary loops (nail folds)
   Tendon friction rubs
   Small-joint arthritis and tendon crepitus
   Fixed flexion deformity
   Hand function
3. **Arms**
   Oedema (early), or skin thickening and tightening
   Pigmentation
   Vitiligo
   Hair loss
   Proximal myopathy
4. **Head**
   Alopecia
   Eyes—loss of eyebrows, anaemia, difficulty with closing
   Mouth—puckered ('purse string mouth'), reduced opening
   Pigmentation
   Telangiectasia
   Neck muscles—wasting and weakness
5. **Dysphagia**
6. **Chest**
   Tight skin ('Roman breastplate')
   Heart—signs of pulmonary hypertension, pericarditis, failure
   Lungs—fibrosis, reflux pneumonitis, chest infections
7. **Legs**
   Skin lesions
   Vasculitis
8. **Other**
   Blood pressure (hypertension with renal involvement)
   Urine analysis (proteinuria)
   Temperature chart (infection)
   Stool examination (steatorrhoea)

FYI:Overview of Systemic sclerosis (scleroderma)

This is a disorder of connective tissue with variable cutaneous fibrosis and with abnormalities of the microvasculature of the fingers, gut, lungs, heart and kidneys. In diffuse systemic sclerosis there is more prominent skin sclerosis and these patients may have pulmonary fibrosis. In limited systemic sclerosis (**CREST** syndrome: **C**alcinosis, **R**aynaud's phenomenon, **E**sophageal motility disturbance, **S**clerodactyly and **T**elangiectasia), diffuse skin sclerosis and severe interstitial lung disease do not occur but patients are at risk of developing pulmonary hypertension

The End, hope you like it!

Contact me ONLY for very serious mistakes