

CASE-4: DYSURIA

Case-4 Dysuria: Student Handout

A 37-year-old man presents to his general practitioner (GP) with a 5-day story of urinary frequency, dysuria and urethral discharge. In the previous 24 h he had become unwell, feeling feverish and with a painful right knee. He works in an international bank and frequently travels to Asia and Australia, from where he had last returned 2 weeks ago. There is no relevant past or family history and he takes no medication.

Examination revealed:

He looks unwell, and has a temperature of 38.1° C. His heart rate is 90/min, blood pressure 124/82 mmHg. Otherwise examination of the cardiovascular, respiratory, abdominal and nervous systems is normal. His right knee is swollen, slightly tender, and there is a small effusion with slight limitation of flexion. There is no skin rash and no oral mucosal abnormality. He has a cream-colored urethral discharge.

Investigations:

	<u>Patient's Values</u>	<u>Normal</u>
Haemoglobin	17.1 g/dL	13.3–17.7 g/dL
White cell count	16.9 x 10 ⁹ /L	3.9–10.6 x 10 ⁹ /L
Platelets	222 x 10 ⁹ /L	150–440 x 10 ⁹ /L

Blood film: neutrophilic leucocytosis

X-ray of his right knee is shown on the next page:



Learning Objectives:

At the end of the session, the student should be able to:

- Enlist the differential diagnosis of the dysuria experienced by the patient.
- Describe the common symptoms associated with dysuria.
- Identify the alarm symptoms that would help in the diagnosis of more serious pathology in this patient.
- Identify the important questions that should be asked from the patient while taking the history.
- Explain the abnormal findings in the history and clinical examination.
- Identify the most likely diagnosis of this patient.
- Determine any required further investigations.
- Describe the treatment plan for this patient.
- Recognize the importance of showing empathy to the patient while taking sexual history from the patient.

INSTRUCTION TO STUDENTS:

Please, read the case carefully, individually or in the group, before you are coming to the "Case Based Learning" (CBL) session. Look at the objectives and try to fulfill these objectives. Prepare for the case by refer to some suggested reading list. Prepare the case well, the tutor in CBL session will ask you to go through the case, and answer to his some stimulating and specific questions related to the case to ensure that you have fulfill these objectives.

Suggested Reading:

- Clinical Medicine: Parveen Kumar. 6th edition.
- Clinical methods by McLeod
- Lawrence M Tierney & Mark C Henderson, The Patient History, Evidence-Based Approach, LANGE

Important Information to students:

- The students are expected to read the case and related question carefully, try to answer them before they come case-based learning session.
- Every student must bring the following book to the session:
 - Lawrence M Tierney & Mark C Henderson, The Patient History, Evidence-Based Approach, LANGE