



GREATER GLASGOW HEALTH BOARD  
WESTERN INFIRMARY / GARTNAVEL GENERAL HOSPITAL UNIT

**CLINICAL TEACHING CASE STUDY**

**ADULT  
HOMEOPATHY  
CLINIC**

**CONFIDENTIAL**

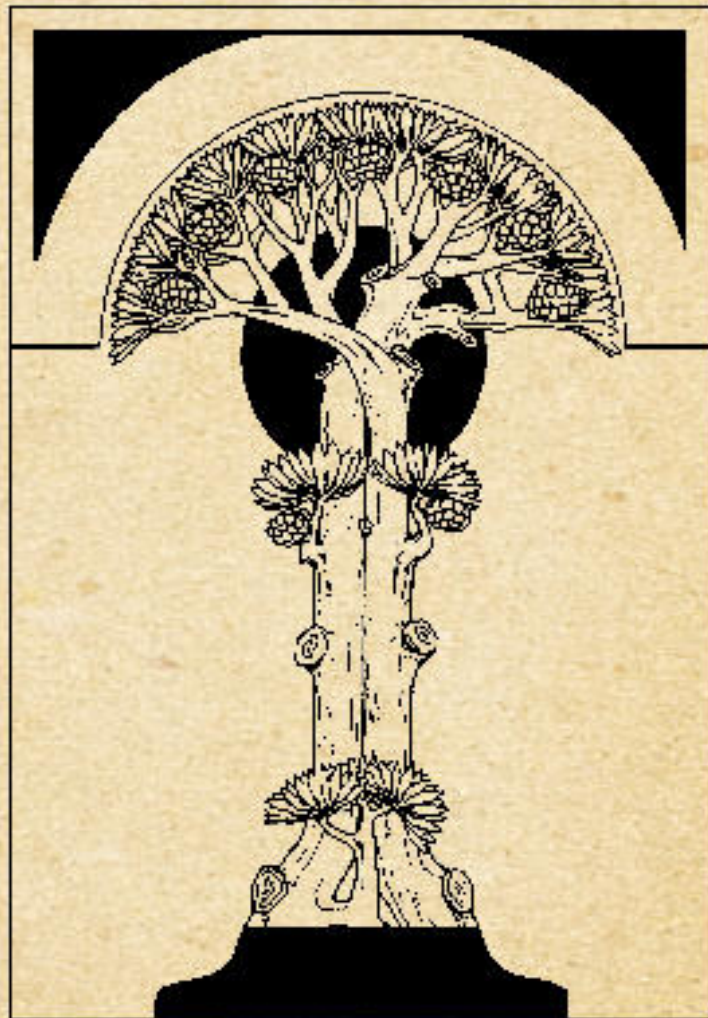
**Name: Elizabeth A.**

**Illustrative Case No. 4.10**

## CLINICAL TEACHING CASE No 4.10

### Respect Patient Confidentiality

Discussion or disclosure is not permitted, except within your training group.



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**Name:** Elizabeth A.

**Age at First Consultation:** 60

**Presenting Complaint / Principal diagnosis:**

Recurrent infection

### INSTRUCTIONS FOR LEARNERS

The first consultation is provided on paper. With reference to both the summary notes formulate an illness model and a prescribing strategy for the case. Select your prescriptions and provide reasons for your choice. Afterwards look at the review notes and watch the short review video clip so that you can discuss the outcomes at tutorial.



After you have added your own notes to this interactive pdf file, be sure to save it to your computer. Once the case review for this patient has been concluded, save the final copy to your training portfolio.

## First Consultation Notes

### Illustrative case 2.10

Mrs Elizabeth A A074  
Age 60

Appointment 1: 21st November

Sinusitis  
Has just completed a course of antibiotics



Operation 7 1/2 years ago.  
The floor of the maxillary sinus had collapsed and has been symptomatic ever since.

HPC  
Has had trouble with sinuses since childhood, had a sinus washout aged 12.

Attended dentist for tooth abscess.

Developed a fistula to the right maxillary sinus.

The dental surgeon admitted her to Stobhill hospital.

Identified that there was cross infection between the tooth and the sinus. Extraction of right upper 4th helped for a while.

## First Consultation Notes

Mrs. ELIZ. A. F. Age 61

GLASGOW.

21.11.

G.P. Dr. ALKAN.  
THE SQUARE.  
EDINBURGH ROAD.  
GLASGOW.

Sinusitis

Just completed a course of A/b.

Operation 7 1/2 yrs ago

Floor of sinus had collapsed

Symptoms constant since.

Trouble with sinuses since childhood

Had sinus washout aged 12,

Went to dentist for a long time after

that.

Sent to dentist for tooth abscess

@ maxillary sinus + fistula.

Went to dental hospital 8 1/2 yrs ago.

Dental surgeon admitted to Stobhill

Impacted. Cross infection between tooth +

sinus. Took tooth out R upper 4th

helped for a while

## First Consultation Notes

Since then has required antibiotics 6 or 7 times every year.

Sometimes consecutive courses.

Currently: constant headache,  
tender around her eyes.

Occipital headache.

Feels awful.

A lot of nasopharyngeal mucus.

Post-nasal catarrh and nasal discharge.

Clear mucoid often becoming purulent (green).

Reattended Glasgow Royal Infirmary.

Fibreoptic scope showed ongoing inflammation and a pocket of pus right maxilla.

### Current medication:

Flixonase every morning (steroid nasal spray)  
HRT  
Oil of Evening Primrose  
Paracetamol intermittently for pain.

## First Consultation Notes

Since then antibiotics x 6/7 per year.

Sometimes has a double dose of antibiotics.

Currently :- constant headache.  
tender around eyes.  
pain on occiput.

Feels grumpy. → ? taste.

A lot of mucus FND and down nose

Often clear. Sometimes green pus

Sent back to G.R.I. 1/2 ago: scope up nose.

Inflamed. Still a pocket of pus @ upper.

Uses Flixonase + saline washouts.

Uses Flixonase every morning.

PMH :- O.I. = J. = A. = TB.

Drugs :- above

HRT.

OAP.

Tries to avoid antigens.

Paracetamol sometimes

# First Consultation Notes

## FH:

married - husband had MI 6 years ago - currently OK  
2 daughters - elder daughter has sinus problems  
Father died of cancer aged 69  
Mother died 84 - Past history of bronchitis

No Family History of eczema or asthma

## Generals: weather

< damp cold weather  
Not good over this summer (?humidity <)

< mainly right sinus, but both can be affected  
A degree of septal deviation noted

## Head:

usually 'a heavy head'  
but when sinuses are active gets a lancinating pain in them

## Eye:

Some light sensitivity: wears light reactive glasses / tinted lenses  
Especially sensitive to bright sunlight

## Mouth:

No ulcers or bleeding gums  
Tongue margins slightly 'scalloped'  
Some problems with halitosis

## Food & Drink

Desire: tea  
Averse: cheese and salt, fizzy drinks

## Generals:

Chills easily. Coldness hands and feet.  
Occasional low grade fever when infected.  
Tires around 5pm

# First Consultation Notes

FH :- H at home :- had MS 6 1/2 age currently OK  
- 2 girls :- elder daughter has sinus problems.

F :- + died CHA when 69/1  
M :- + 84 "old age" had bronchitis.

GF :- 84+ healthy.

GM :- ?

GF :- ?

GM :- ?

Aunts + Uncles :- ? +

breathing difficulties

6/8 | fairly healthy

No FH of eczema / asthma

< damp cold weather

Not good over summer ? humidity <

Mainly (R) but both can be affected

Some septal deviation

D :- Tea

A :- cheese, salt

P :- water + tea  
distilled fizzy

T :- clothes + etc  
H + F -

Ⓛ :- Tires Spm

Occ low grade fever when bad

Head :- heavy head :-

When sinuses active lancinating pain in sinuses

WES :- Sensitivity - wears slightly tinted lenses  
sensitive to bright sunlight

Mouth :- "u" bc. "I" Tongue slightly scalloped

:- Some halitosis

# First Consultation Notes

**Chest:** Wheeze sometime aggravated by catarrh

**GI:** constipation at times: treats this with milk of magnesia

**GU:** Nil

**Skin:** Nil

**Loco:** Slight osteoarthritis Hx of fracture L fifth finger (crooked)

**Occupation:** retired schoolteacher at Easterhouse Primary (job was stressful - a deprived area)

**Mind:**

Active - keeps on the go  
 Closely involved with the family - Daughter working - Looks after her grandchildren  
 Speaks her feelings - able to hold her own in an argument.  
 Some temper  
 Not black and white in her attitude.  
 Depressed during sinus aggravations.

Activities: walking and swimming  
 No specific fears or anxieties

Treatment 1:

# First Consultation Notes

Q:  $\circ C \rightarrow \circ B \rightarrow \circ P$   
 where sometimes < catarrh  
 Constipation at times - treats with milk of magnesia  
 $\circ I \rightarrow \circ D \rightarrow \circ W \rightarrow \circ G + \circ E$   
 ans: -  $\circ I \rightarrow \circ F \rightarrow \circ D$  beans may < cabbage.

Sh: -  $\circ$  haem  $\circ$  Polyps. Some green pus at the present time.

Loco: - Slight arthritis  
 $\# \circ$  the finger: crooked  $\#$

Occ: - Retires headteacher of Easterhouse to school  
 - stressful

Mind - Active  
 Keeps on the go. Tends to speak feelings. Some temper  
 Takes care of grandchildren. Able to hold her own  
 Looks after 2 before school. Not black + white  
 Involves in family. Fairly even on mood  
 walking. Swimming. how if seems active  
 Swimming. Depressed by sinus  
 No specific fears or anxieties.

30/6.  
 8x TDS

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## FIRST REVIEW

Patient name / id

### Appointment 2: 19/12

Overall a lot better.  
Pain had gone within a few days.  
Delayed commencement of second remedy.  
Nose has been running ++.  
Still quite a lot of green mucus. Some heaviness has returned to head following a viral URTI a few days ago.  
Energy: overall better.

### Treatment 2:



<https://youtu.be/WxVLdH63RL8>



## FIRST REVIEW

Notes:

Patient name / id.

19/12  
Check a bit better  
Pain has gone within a few days  
took a little extra time before commencing  
Nose has been running +  
Still quite a lot of green mucus.  
Pain cleared within a few days.  
Currently on HRT.  
Heaviness in head : with current URTI!  
Current cold for 4/52  
Eyes ok.  
Sleep :- wakes overnight :- 3am.  
Bowel :- stopped pills of magnesium.  
gas :- constipated. (has started  
sym of fip  
Energy :- overall better.  
8x 203

# First Consultation Notes

Appointment 3: 23/01

Soreness reappeared around sinuses.  
Less discharge at the moment, but discharge is green. Tired in last few days.  
Not feeling quite so well

Treatment 3:

Appointment 4: 08/03

Overall quite well.  
Resolution without antibiotics.  
No pain flying for the first time in years. "Quite miraculous" Uses steam inhalations to clear nose Flu symptoms in recent days and discharge has become green, but not congested

Treatment 4:

# First Consultation Notes

23/01  
Currently not good.  
had week :- soreness around sinuses  
less discharge at the moment, but discharge is green & clear  
No fever or chills  
Using :- HRT  
Laxative  
Tried steaming  
Tired in last few days. Not feeling quite so well.  
30/6  
8x TDS

8/03  
Overall quite well  
No pain flying this time : Quite miraculous  
Flu without cystitis  
Tenderness settling down  
Currently. Slight headache : followin loadach.  
ju. Clearing nose with steam.  
Energy not too bad until flu  
Anxiety OK. Had some greenish pus  
31/2 200/1  
8 00

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# First Consultation Notes

Appointment 5: 07/05/2001

Head has been fine.  
 Some catarrh in the morning. Not bothering her much at all.  
 Mainly clear occasionally green.  
 Still tendency to constipation

Silica relationships	Catarrh	Constipation
		Bacillus 7
	Bacillus 10	
		Dys. Co.
Gaertner	Gaertner	Gaertner
Morgan gaertner	Morgan gaertner	Morgan gaertner
Morgan pure	Morgan pure	Morgan pure
		Proteus
Sycotic co	Sycotic co	Sycotic co

Treatment 5:

Appointment 6:

Slight headache over eyes in last 2 weeks. Feeling fine in herself.  
 No upset from powders. Catarrh cleared for a week then came back again.  
 Energy not bad at the moment. Mood fine.  
 Bowel has improved quite a lot

# First Consultation Notes

Which powder - definite suggest

8x 205

7/05/

Head has been fine.  
 Some catarrh in morning. Not bothering her much at all. Daytime morning house  
 tired but managing.  
 ° Headaches.  
 Morning catarrh. Mainly clear occasionally green.  
 Still takes - laxative. Otherwise gets v. constip.

Sil. reln	Catarrh	Constipation
		Bac 7.
		Dys co.
Gaert.	Gaert.	Gaert. X
Morg-s	Morg-s.	Morg-s. X +
Morg-p	Morg-p.	Morg-p. X
		Prote.
Syc.	Syc co.	Syc-co. X no aux.
	Bac-10.	

30/2001  
 8 OD

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