



GREATER GLASGOW HEALTH BOARD
WESTERN INFIRMARY/GARTNAVEL GENERAL HOSPITAL UNIT

CLINICAL TEACHING CASE STUDY

**ADULT
HOMEOPATHY
CLINIC**

CONFIDENTIAL

Name: Ann Ms.

Study Case No 11.

Pre-membership Course in Medical Homeopathy

Clinical Case Study

Case Ref:			For Study in Week:	
Patient:			Age:	
			<p>Please respect patient confidentiality. Case studies are provided for personal study within this course only.</p>	
Domain:				
Therapeutic Area / Presentation:	1.			
		2.		
		3.		
Life stage:				
Homeopathic Category:				
Notes / Learner Instructions				
				

Dr Duncan Dr Wilson Dr Martin Dr Campbell Dr Thompson Dr Skehan

Cander Centre, 17 King Street, Stonehouse Tel 01698 792269 Fax 01698 792383
Avon Medical Centre, 1 Academy Street, Larkhall Tel 01698 882547 Fax 01698 888138

OUR REF:13731PLA/FJ

Homeopathic Consultant

27 October

RE ANNE M 3, 3 STREET, DOB 13/5/

Thank you for seeing this 46 year old lady who has requested a Homeopathic assessment. She has a problem with anxiety and panic attacks which seem to have become worse in the past couple of months. She has had a history of anxiety at least since June 1998. She had counselling last year which benefited her and she also attends a therapist in Strathaven for massage on a weekly basis.

However because of the recent flare up in her anxiety and panic attacks she would like to try a homeopathic approach. She also has a problem with vomiting which is anxiety related. Her only treatment at the moment is Diazepam 2mg on an as needed basis.

Yours sincerely



Dr A Martin
AM/FJ

FIRST CONSULTATION

Name: Age:

You can annotate this recording sheet while you view the video case. You may find it more convenient, however, to download and print the recording sheet from supplemental materials and patch in the history by hand.
Complaint:



History of Present Illness:



<https://youtu.be/R2rn1Y4cc7w>

Use the link above to access the Consultation Video. Size the video player window on your computer desktop so that you can simultaneously make entries into this case recording sheet.

Personal:

Menstrual History:

Family History:

Examination:

FIRST CONSULTATION

HOMEOPATHIC SYMPTOMS

GENERALS

Heat: Cold: Perspiration:
Time: Weather:

STOMACH

Appetite: Disordered:
Aversions: Thirst:
Desires:

SLEEP

PARTICULARS

Head Stomach
Eye Abdomen
Ear Bowel
Nose Genito-urinary
Throat Back
Respiratory Extremities
Skin

MIND

FIRST CONSULTATION

Continuation sheet

Patient name / id

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Continuation sheet

Patient name / id.

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FIRST CONSULTATION

Anne M. ... ~~11th October~~
8, Street ~~13/14~~ ^{dec. 13/14}

MK9
Tel. 01698. 79

Dr Martin
The Cancer Medic
King St.
Soho House.

Presenting Complaint

Anxiety, Panic Attacks, PMS. She thinks it is connected to menopause
Symptoms began 5-6 yrs ago with depression

Panic Attacks - Vomiting (Rx Septa + counselling)

Last Rx was Aug '98.

Symptoms returned July '99 - has needed ^{2mg} Diazepam ^{ipm} - up to 5 tablets daily

eg. in shops.

Can't concentrate. Poor memory - had to give up work 2 1/2 yrs ago
- Veterinary nurse. "Wanted to hide"

Headache - wakes in morning ^{more aware in morning} - At back of head (R) side. ^{was in morning}

Migraines before periods - 3-4 days before. ^{just a feeling.}
- movement. Has to lie down. Nausea. All over ^{if moves head - flickers} ^{of Picked up}

Anticipatory anxiety ++ re prearranged things

Vomiting - Now mostly nausea - undigested food - triggers events
eg. going into shop, social events. Never the food itself or smell of
it that -> vomiting. Never stopped her eating.

Diarrhoea - pains, nausea - watery - brown.

Headache - gets worse. in panic - sickly headache < turning headache
some dizziness.

Started her Rx Jan '98 - Septa monthly - helped her from the
beginning - helped PMS especially, but did not help panic

vomiting
While on Rx, returned to work at vet practice - lasted 6 months
only, then panic returned.

MS = Sore breasts. Slight bleed for 1/2 before. Aches + pains.
- v. painful < touch. v. hard. Imtable - shut in evening

FIRST CONSULTATION

1/2 v. low before period. Not fearful.
Bloating. oedema. Appetite ↑ before.

Not immediately better in periods
Not worse in periods

K = 3 days
4-6 weeks

Never regular. Menarche age 14.
light.
Pain worse before period.

Relieved by the vomiting +++

Better if she makes herself sick. Vomiting lightens her.
Worried re vomiting if out of house - worries about other
people seeing her.

Likes to cope on her own.

Vomiting has always been ~~an~~ result of anxiety
vomiting right through pregnancy (better as soon as
gave birth) ++

S.H. Good with figures - ? likes book-keeping - but has now
lost concentration + can't do this.

Does cat rescue - likes herself to do it. ^{2 girls} Partner - good rel.
Upset by things she sees - upset by cruelty ++.
Struffed to work 12 yrs ago. + Cat rescue 10 yrs ago.

M.H. - Scarlet fever age 7. Us. childhood illnesses

Age 15 - ? Appendicitis - appendectomy.

Bladder problems - cystitis, bladder instability.

Hay Fever - better past 5 yrs. - from age 15 yrs

Asthma in summer. Pneumonia x1.

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FIRST CONSULTATION

Eczema - as adult.
 food allergy es.

F.H. D.M. in family.
 Anxiety at menopause - both sisters.
 Aunt who brought her up had T.B.
 Mother died MI age 63 + 2 maternal uncles also had
 MIs in 60s

Father: Silicosis. Glaucoma - uncle.
 Brother - v. forgetful + doing silly things

Drugs - Diclofenac 2mg p.m. only. Venkolin in summer.

Systems - Eyes - F.H. of glaucoma. otherwise NAD
 Ears - NAD
 Nose - Sometimes frontal sinusitis
 discharge. chest bad in summer
 2 hay fever

Mouth - NAD
 Throat - NAD

C.I. - Always tended to be 'constipated'
 - BM every 4 days but soft, not straining.

C.U. - Burning after S.I. - burning inside - feeling killing
 Feeling that "insides will drop out"
 or if on feet any length of time.

→ ↓ libido.

→ problems for both of them.

Joints - Joints sore - esp. knees hips + shoulders
 swelling - redness

> massage.

Skin - lots of skin tags.

FIRST CONSULTATION

Generals - Cold - likes heat. + windows closed.
 - not v. cold.

Weather - Hates rain. Loves Sun
 - Never sits in sun. Doesn't like heat
 + glare of intense sun.
 - Ok in thunder.

Seasons - Worse in January + February.

Appetite - good. Averse - Tuna + Fish
 likes fatty foods choc/holic. Dislikes - likes green veg + mushrooms
 - likes cake, cream. v. little salt. likes pickles + vinegar.

Thirst - Thirstless - doesn't like to drink
 - likes cold + hot drinks.

Sleep - Not sleeping v. well. Diff. getting off to sleep.
 Dreams - a lot, vivid. Nothing in particular.
 Cheat.
 sleeps either side.

Sweat - not especially

Mentals - "I'm not a people person". Prefers animals.
 Never enjoyed parties. Antisocial.
 Really unhygienic.
 Leaves everything to last minute.

"I'm a non-practising Catholic". Feels guilty she doesn't
 go to church. Strict Catholic upbringing.
 Racing thoughts.

Impression - Animated, loquacious, good eye contact
 /

FIRST REVIEW

Continuation sheet

Patient Name / id.:

Time since first seen:

SECOND REVIEW

Continuation sheet

Patient Name / id.:

Time Since Last Review



<https://youtu.be/AmetxQL-WK8>

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FIRST REVIEW

26/11

PMT >

Headaches >

Wasn't as nasty to everyone

breaks.

After take a Sat

Mon, Tues + Wed. : felt quite ill

Was upright, jumpy, sick headachy lasted 3/7.

No elevations afterwards.

Currently OK.

Went on a trip to Paris, was glad to get back.

Could settle in shops + in museums.

Bought plastic animals for relatives.

Managed a plane. Only 2 dayspan in last 2 1/2 weeks. Tim was away - upright by herself

Headaches greatly improved. Suddenly realised it was gone.

Still a bit constipated. Had some low abdo pain this month > laxative. Also took peppermint drink. Pitylene + Gmiddayite : gastroenteritis

S-L/3.

Headaches settled eventually. MP. settles
 Migraines less cluster, around MP.
 Therapeutic massage helping.
 Energy not so good overall but not esp. bad.
 Sleeping. Appetite good. Had big last
 And quite a lot of volume during last spell.
 Can't cope going to shops. Exertable going
 to Glasgow. Has managed to avoid Dengue
 lately.

Eyes: °. AS: °C°UOSP. Shu: °.
 RNF: °. GI: - I (C) °D Shu: - °.
 Mouth: °. All: - Had aphthous 1/2 after (rather than before) ^{ear before} _{MP}

Some anticipation anxiety. Concentration still not good.
 Has spent her life doing what others want her to do.
 Feels guilty about spending time on herself. Anxiety (consc.)
 Some coming down; sleep in summer ()
 82/13.
 29/2/2007.

FIRST REVIEW

Ann M

6/6/00

Pricked up after initial lull.

Some headaches. More energy. More gardening.

Energy ↑ at the moment.

Headache on opening eyes in morning.

Nagging @ occupation. Decent disappear

< thinking about it. A few more panic attacks

Stomach event. In past would be physically

Daughter going to give up work - will reduce her

babysitting obligations. Has cats: feels they have

been neglected. Animals take the huff. Eats away

at her: guilty that she hasn't groomed them.

Does cat rescue. Has 8 cats. Was originally a

cat hater:-

A bit very. A few panics going to sleep

Head starts throbbing. Thinks she will be sick.

Sudden onset.

31 2001 1M/h