



GREATER GLASGOW HEALTH BOARD  
WESTERN INFIRMARY/GARTNAVEL GENERAL HOSPITAL UNIT

**CLINICAL TEACHING CASE STUDY**

**ADULT  
HOMEOPATHY  
CLINIC**

**Study Case No 15.**

**Name: Deborah C.**

**CONFIDENTIAL**

Pre-membership Course in Medical Homeopathy

Clinical Case Study

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

## FIRST CONSULTATION

### Miss Deborah C

Aged 26



#### History of Current Problems

Went off sick from work 2 months ago  
Fatigue overtook her - had to go to bed

#### Current Problems

'Sleeping constantly and crying a lot'  
Feels generally 'run down'  
No energy to do any exercise at all  
Amenorrhoea - No periods since March

Had stopped oral contraceptive last August  
and periods seemed fine to begin with.  
Periods had tended to be on the heavy side prior to stopping.

#### Social History

Split up with boyfriend in December (7 months ago)  
Living with her parents  
Working (Office / Admin)

#### Past Medical History

9-10 months ago was investigated for weight loss, thirst with constant drive to drink  
Shakiness and 'out-of-breath' feelings.  
On investigation she was found to be hyperthyroid  
subsequently treated with Carbimazole and now on thyroid replacement:

Thyroxine: 150mcg OD

Had varicose veins surgically stripped last October (10 months ago)  
Gastro-duodenal ulcers diagnosed in January last year (18 months ago)  
Had gone to complementary therapist 3 years ago with 'fatigue and IBS':  
they diagnosed 'Candida' and found her to be anaemic: treated with diet and iron replacment

#### Family History

(Family history of thyroid problems: Aunt found to be hypothyroid)  
Currently lives with her parents who are in good general health.  
Paternal grandmother has had MI and Type II Diabetes  
Health of other grandparents unknown

## FIRST CONSULTATION

#### Generals

Tolerant of the sun and feels better outside in the open air.  
Previously tended to be chilly but recently aware of being warmer (?since April)  
Sometimes feels as though she is having a mild flush - her cheeks burn slightly  
Not much perspiration. Not fond of seawater  
Since April (4 months) tires at 10am and stays tired for the rest of the day

#### Sleep

Difficulty sleeping and using Nytol  
Maybe worried about work and coping when she gets back  
Dreams are unremembered

#### Systems

Headaches with blurring vision (comes and goes) starting in mornings or late evenings:  
right-sided more than left - parietal extending to the vertex  
and associated with slight dizziness

No ENT symptoms. No catarrh

Some tendency to loose stools especially with stress  
Had left sided abdominal pain thinking about work (anticipatory anxiety)

Hands can get puffy and swollen at times.  
(?? Associated with her cycle in the past)

#### Homeopathic Desires & Aversions

Food likings: chocolate (binges), sweets, chicken  
Aversion to salt and has gone off bread  
Very thirsty until recently - not quite so thirsty at the moment

#### Mind

When well - bright and bubbly  
But recently doesn't want to speak to people.  
Weepy for no reason.  
Changeable moods  
Prefers her own company at the moment and has to force herself to visit friends  
Finds herself edgy and nervous  
Sometimes snappy but never hurtful

#### Impression

O/e mild and emotional  
Unfocussed. Tells her story as a jumble of facts, symptoms and events.  
Somewhat waxy, drawn features  
Unhappy and unsmiling  
Mildness. Soft voice.

# FIRST CONSULTATION

DR COCHRANE  
DARCY BAY

Name MISS Deborah C      D.O.B. 31-3-      Sex F      Occ.      Date 6/7/

Address  
Complaint  
History of Present Illness

2 1/2 ago off work  
had to go to bed  
Waking early in  
morning now:-  
Waking 4-5 am.  
every night.

3/11 went to fit natural therapist  
→ Cardide → blood tests anemic // diet tablets  
Had overactive thyroid:- blood testing  
Requires constantly - coping 9-10 1/2 ago.  
No periods since March Carbimazole  
Generally run down (Now on Hypovite)  
No energy to do exercise

Stopped pill last Aug.  
MR was fine to start with

Previous Illnesses  
Ulc diagnosis beginning  
of last year for Zantac

Personal :- M F :- at home well

Menstrual History :- No periods since March:-  
Split up with boyfriend in December  
Periods 2/12 weren't as heavy as regular  
as normal.

Family History  
Examination  
Aunt had thyroid problem A/G :- ?  
was overactive A/M :- ?  
MR was heavy before F/G :- ?  
GM; ME DM.

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# FIRST CONSULTATION

sun tolerant (> outdoors) used to love exercise  
Now has to force herself.  
more comfortable when warm. Not much persp.

## HOMOEOPATHIC SYMPTOMS

Generals  
Heat :- recently warm previously cold all the time  
Cold :-  
Time :- 10 AM changed 2 April  
Stomach :- sharp tired for rest of day. Disordered  
Appetite :-  
Aversions :- forced salt. Thirst :- periodically  
Desires :- drinks, chocolate, sweets. Thirsty :- now  
Sleep :- Using cytot difficultly sleeping settled. No sleep for time.  
Particulars  
Head :- Blurry vision :- was anticipating re going back to work. // Unsettled  
Eye :- Constant pain -> vertex Stomach  
Ear :- mornings or late pm (B) (C) // side  
Nose :- vision :- cover + geo // abdomen  
Throat :- more so when head down static // bowels  
Face  
Mouth  
Respiratory  
Genito-urinary  
Back  
Extremities  
Skin :- frequently :- Bruises  
fairly easily.  
Slightly greasy.  
Keeps things to herself  
Looks ahead. No fears or  
anxieties.

## MENTALS

Normally bright - bubbly  
Recently didn't want to speak to people  
Edgy + nervous + snappy.  
Not confident  
No PMT. = MR.  
Prefers own company at moment  
has to force herself to visit friends.

30/3 2007  
SI - BD.

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## FIRST REVIEW

Continuation sheet

Patient Name / id.:

Time since first seen:



<https://youtu.be/AnucPVN3Tg>

## SECOND REVIEW

Continuation sheet

Patient Name / id.:

Time Since Last Review



<https://youtu.be/E56aPutlcUM>

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## FIRST REVIEW

5/9/

Powder → ML started but not since → next day. (10/11)  
Headaches stopped. No morning cough

Starting lactose now.

She has been greasy during period of evaluation.

Initially upright but not now  
going out more

Not so tired. Normal Now

Sleeping better at night  
Wind has settled.

Had some coffee 3/12 ago.

Drinking diet coke : caffeine free.

Not as lethargic. Managing to drop off to  
sleep without waking.

Still - bit scrappy at times

She greases on getting up in the morning

A little cooler in reaction to temp.

Now a little tendency to diarrhoea.

Have stopped carbimazole. SL 7/30

Headaches: come on suddenly  
 @: @ light. Feels a little sore & then  
 Mouth feels watery when they are absent.  
 Gets more saliva & mouth as though about  
 to be sick :- am-c, epip. hipp. ign. irid,  
 (iris) kadi-bi, mang, MOPC, nat-s  
 op, phos, (sep) veat.

26/9

M.P. started last week  
 Fine overall Feels cold again. | At bed 1st time  
 Sleeping not too bad. | = am.  
 Getting waked up re. intervals | Times 1-30pm.  
 Come down & cold. Clearing up again.  
 Since M.P. has started everything has been  
 OK. Energy OK overall some tiredness &  
 recent weeks. | D:- disc. sweets  
 Last medication July | chills outdoors  
 Headaches have stopped since M.P. restarted  
 last M.P. label for 3/82. Mood better Ndr so  
 upright. Hair dry. ? thyroid dipping. | 8c/3 (18)