



GREATER GLASGOW HEALTH BOARD
WESTERN INFIRMARY / GARTNAVEL GENERAL HOSPITAL UNIT

CLINICAL TEACHING CASE STUDY

**ADULT
HOMEOPATHY
CLINIC**

CONFIDENTIAL

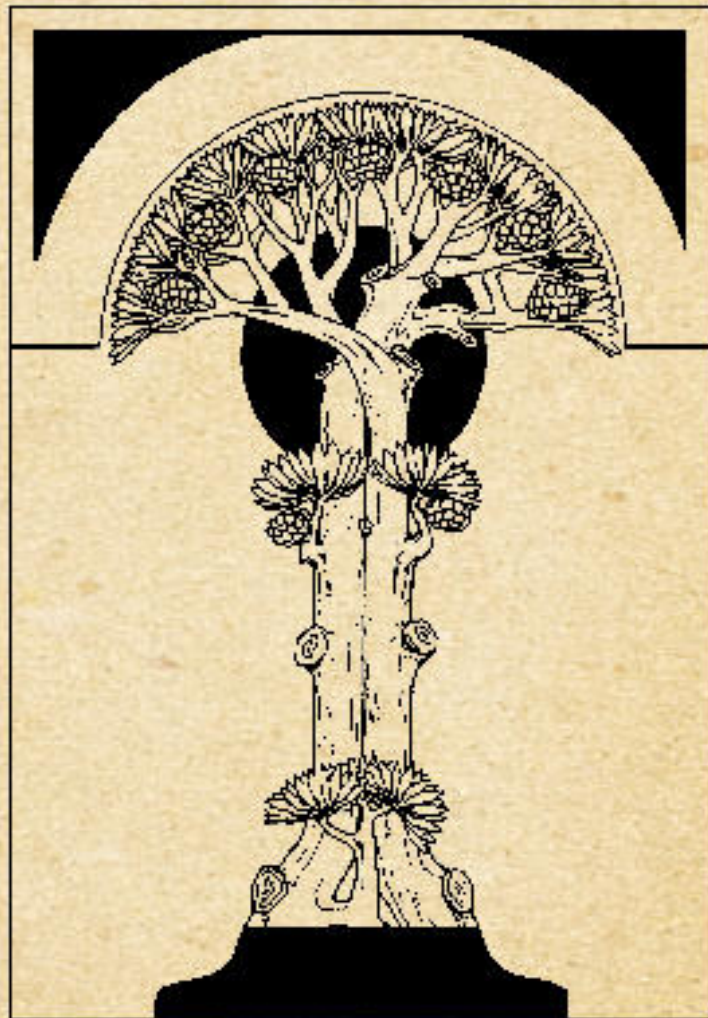
Name: Hilda W.

Illustrative Case No. 4.8

CLINICAL TEACHING CASE No 4.8

Respect Patient Confidentiality

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



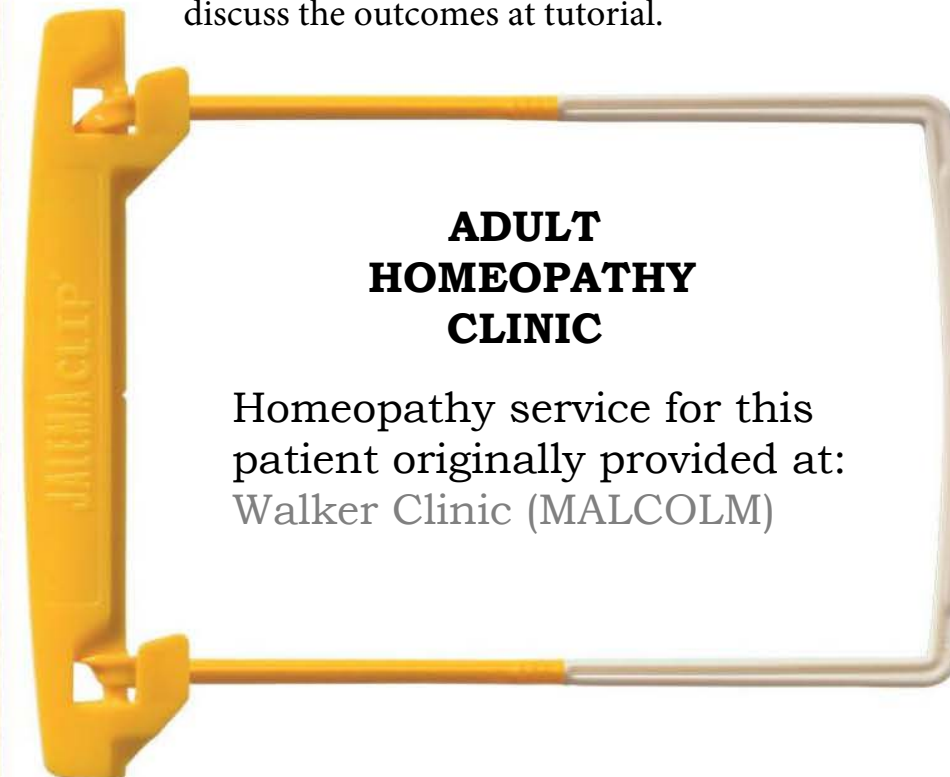
Centre for Integrative Medical Training 2021
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Name: Hilda W.
Age at First Consultation 65

Presenting Complaint / Principal diagnosis:
Pain

INSTRUCTIONS FOR LEARNERS

View the first consultation. With reference to both the summary notes and what you see and hear, try to identify appropriate rubrics and undertake a repertorisation. Select a prescription for the case 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.



ADULT HOMEOPATHY CLINIC

Homeopathy service for this patient originally provided at:
Walker Clinic (MALCOLM)

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.

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Referral / Correspondence
Case Note extract
Original Written Notes

PATIENT QUESTIONNAIRE

Please complete this questionnaire as fully as possible. Providing this information leaves more time during the interview for a detailed discussion of your problems.



YOUR DETAILS:

Name:

~~Mr/Mrs/Miss~~ Hilda

Hilda

Telephone no: 724526

Your Date of Birth: _____

Your General Practitioner's Name & Address:

Dr. SHAW

COMELY PARK SURGERY

DUNFERMLINE

If the patient is a child: Name of Parent / Guardian:

CURRENT MEDICATION:

Please list the names of all the medicines you are taking at present, including any creams and ointments that you use.

1. ATENOLOL 50mg mane
2. ISOSORBIDE 40mg bd
3. PARACETAMOL 11 qds
4. Mitohingual Spray bd
5. Beonase Nasal Spray
6. Ventodisks 400mg qds
7. Aspirin 75mg mane
- 8.
- 9.
- 10.

Have you ever experienced side effects from any of the drugs you have listed: Y / N *

Are you allergic to Penicillin ? Y / N

Are you allergic to any other drugs? Please list them below.

- A. PANSTAN
- B. DF 118
- C.
- D.

HAVE YOU TAKEN ANY HOMOEOPATHIC MEDICINES IN THE LAST SIX MONTHS ? Y / N

If so, please list them, stating the potency; when and for how long used

General Information:

How tall are you ? approx 4ft 10"

Do you know how much you weigh ?

8 Stones 8 lbs.Kilos

Do you drink coffee ? Y / N *

1 cups per day.

Do you smoke ? Y / N *

.....per day

Do you drink alcohol: Y / N *

occ. only, 11 month units per week.

Are you right handed or left handed ? Right / Left *

Your Provident Society Number (if applicable)

*BUPA:

*PPP:

*Other:

*Delete where applicable.

If you would prefer to leave this column blank, these details can be covered in the course of your consultation with Dr. Malcolm.

Your Family History:

Marital status:

~~Single / Married~~ / Widowed / Divorced / Separated*

Have you had children? Y N *

~~Boy~~ / Girl* Age: 40

Boy / ~~Girl~~* Age: 36

Boy / Girl* Age:

Boy / Girl* Age:

Boy / Girl* Age:

Boy / Girl* Age:

Boy / Girl* Age:

Family health:

Is there any family history of asthma? Y N *

details: Self

Is there any family history of eczema? Y / N *

details:

Has anyone in your family, or in your parents' families, had Tuberculosis? Y / N *

details:

Occupation:

What is your job?

HOUSEWIFE

How long have you been doing this work?

.....

Have you ever worked abroad? Y / N *

Where:

How long?

With a patient's consent, consultations are sometimes recorded for the purpose of research, or for use in the post-graduate teaching of medical doctors who are studying homoeopathy.

DECLARATION

I H. J. consent to audio-visual recording of my interview, for the purpose of a) further study of my case for therapeutic purposes* / b) research into homoeopathic treatments for my condition* / c) the teaching of postgraduate doctors in homoeopathic medicine (delete as required)

I understand that information is treated confidentially, and used solely and expressly for the purposes outlined above.

Signed: H.

Date: 4/21

For office use only:

FH.

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SH.

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104 KING STREET

17th January

Walker Clinic
22 Sandyford place
Glasgow G3

Dear Dr. Malcolm

I got your name from the Homeopathic hospital and I have just finished speaking to the receptionist about my mother-in-law coming to see you. Her name is Hilda W. and she is 65 years old. Hilda asked her doctor to refer her to the hospital in the hope that they may be able to help her. However, due to the extreme amount of pain that she is in the waiting time seemed rather long, hence my phone call. She has had a complicated medical history and I am by no means familiar with it all. I do know that she has angina, osteo-arthritis and osteoporosis. She is losing height fairly rapidly and the difference in length of her two legs is increasing. Whilst her GP is very concerned with regard to her heart condition he seems less helpful about some of the physical problems that cause her a substantial amount of pain. She is an old age pensioner and like most of them is concerned about money. I would be grateful if you would invoice me for her first visit and I wonder if you would be able to discuss with her a charge for her subsequent visits that would be within her means? I have warned her that homeopathy will not offer her a "magic pill" to cure all overnight and that she will have to be patient. I am most grateful for your help and I hope that you are able to improve her quality of life.

Yours sincerely,

Karen G.

Case Study - Mrs Hilda W. Transcript of video

First appointment



<https://youtu.be/i7mSDMqkh28>



Doctor: Can you tell me about the problem?

Patient: Well, I've got some spinal problems - I've got arthritis, osteoarthritis. And I've got some spinal problems. They [the **Doctors**] think I've started a little bit of asthma...because they've put me on ... I've got a heart problem - I've got angina....they've put me onto an inhalant thing for the asthma to try and ease (the symptoms).

Doctor: Which inhaler?

Patient: Ventodisks, ventolin it is... So when **Doctor** had me on Brufen - I've been on Brufen three times - I gather fluid, so then it affects the heart. So, I'm trying to come off some of the things - if you can get me off them, I don't know. The heart problem, I don't know how you will manage with that. I'm in a lot of pain with the arthritis and the spinal problems.

Doctor: What was the first problem, what came on first....

Patient: Oh, the spinal problems - I've had them for many years.

Doctor: [Reading the referral letter] Did you have a hysterectomy or other such operation?

Patient: No, just caesarians with two children.

Doctor: You haven't had the ovaries removed?

Patient: No, nothing like that...I've never had anything like that.

Doctor: How would you describe your personality?

Patient:Nervous is that what you want to hear?

Doctor: I would like to know who you are, and what sort of person you are?

Patient: Well, my husband was a very outgoing man, so I have kind of lived in his shadow really... because he was a very outgoing person.

Doctor: So you were the quiet side [of the relationship]

Patient: I have temper though ... I can flare up... But I don't go out much now. Well, I'm restricted quite a bit with pain and spinal problems.

Doctor: What flares up your temper?

Niece: To be honest, your identical twin drives you round the bend. *** and my aunt are identical twins and they live within about twenty yards of each other, and they drive each other absolutely potty at times.

Patient: Yes, I flare up with Betty, don't I. Yes.

Doctor: What makes the pain worse?

Patient: The spinal pain?

Doctor: (Yes) - is it worse for movement [or] worse at rest?

Patient: Well, it doesn't matter - sometimes when I am resting I get a lot of pain, but certainly when I am moving [I encounter problems]... I can't lift or move things or I am in pain for days.

Doctor: Does damp weather affect you - affect the problem with the joints or the way you feel in yourself?

Patient: I can't really say that, because I've had bad spells with my spine, and the pain and arthritis - even in summertime. I know a lot of people connect it with weather, don't they - but I can't really pin point that.

Doctor: What about heat and cold - I mean if you were to put something warm on it or cold on it... or a hot bath?

Patient: Oh, taking a warm bath helps - for a while. I'm not in pain all the time, but some days are worse than others.

Doctor: When did you lose your husband?

Patient: Seven years ago.

Doctor: What happened to him?

Patient: It was a stroke... it was very quick.

Doctor: It must have been quite a shock..

Patient: Yes, it was - and then just about twelve weeks after that I took a bad turn and was taken into intensive care in the hospital and that was when they found out that I have this heart problem - the angina problem.

- Doctor:** Do you think that your health deteriorated with the stress and strain...
- Patient:** ...of my husband ('s death). Oh, I've certainly gone down since I lost my husband... definitely.
- Doctor:** Is one side of the body worse than the other.
- Patient:** Yes, I would say the right side. I have a slight build up on my shoe, but I tilt to the right.
- Doctor:** What about serious illnesses in the past?
- Patient:** Well... since I've been a child... I've always had chest problems - I had double [bilateral] pneumonia twice ... when I was just weeks old and [again] when I was seven ... and they say I was very poorly at that time. From then (onwards) I had asthma very, very bad - right up to my son being born I had asthma quite bad, and my son will be 36 in June.
- Doctor:** Are you sleeping?
- Patient:** No, I don't sleep very well. I've never really slept very well since I lost my husband, but a lot of it has to do with pain as well.
- I have had quite a lot of bowel trouble - diverticular [disease], and I've had a haemorrhoid operation... about 8 ½ years ago.
- Doctor:** and what kinds of symptoms does the diverticular disease give you now?
- Patient:** Well, sometimes it gets inflamed and then it's quite painful at the left side.
- Doctor:** Is there (also), gurgling, churning, indigestion, wind...?
- Patient:** Not a lot... since the operation. I try to take my roughage etc., but it does flare up now and again... I get inflamed.
- Doctor:** Are there foods that upset you, or disturb the bowel?
- Patient:** I can't put my finger on anything - but I'm probably eating the wrong things... I don't know.
- Doctor:** What about things that you have an aversion to. Have you got any strong food aversions.
- Patient:** No, I can't say I do.

- Doctor:** You eat most things.
- Patient:** I can take most things, yes.
- Doctor:** Any strong likings?
- Patient:** Well, I do like cheese and I do like fish - I'm very fond of fish and chicken ... I eat quite a bit of chicken.
- Doctor:** What about fruit?
- Patient:** Yes, I eat fruit - every day I have some fruit. I like bananas... I'm not so fond of oranges but I do take them, and I like grapes.
- Doctor:** Generally would you say you are warm-blooded or chilly in your reactions to temperature round about you?
- Patient:** Oh, I get very cold... I don't have a lot of circulation actually.
- Doctor:** Do you (ever) get overheated?
- Patient:** Not often.
- Doctor:** (Do you suffer from) headaches?
- Patient:** Oh yes.
- Doctor:** Where about?
- Patient:** I get a lot of headaches because of sinus problems [indicating frontal sinuses]. I did have a washout quite a few years back. I certainly have a lot of headaches.
- Doctor:** What are they like?
- Patient:** They're very severe... they are always at the front ... here... over the sinuses. Sometimes they move round over to the back.
- Doctor:** (Are they) worse on one side than the other?
- Patient:** No, I wouldn't say they are worse (on one side).
- Doctor:** Are you sensitive to light?
- Patient:** No, I don't think so.

- Doctor:** What about loud noise?
- Patient:** I'm getting lately (that) I can't stand a lot of noise.
- Doctor:** That asthma for which the **Doctor** has me on ventolin, it's not like the asthma I used to have when I was younger. It's not at all like it.
- Doctor:** In what way?
- Patient:** The asthma I had right up to my thirties... I used to be absolutely gasping for breath. And I couldn't get home... I used to have to sit on window ledges and I wasn't able to make my way home, or anything, because it was so bad. And occasionally my husband had to call the doctor in, who (twice) had to give me an injection during the night to get me breathing. But now it is not like that.
- Doctor:** What is it like now?
- Patient:** It is more like a sort of a tightness in the chest and takes my breath, rather than gasping and rasping and going ahhh [inspiratory wheeze] like that for breath. It is more like an awful tightness that comes in the chest and takes my breath.
- Doctor:** What are you like in your mood ... are you up and down and up and down, or all very even?
- Patient:** Oh, I can be moody, a wee bit, I suppose... like anybody I suppose.
- Doctor:** Do you tend to change within minutes?
- Patient:** Oh yes I can.
- Doctor:** Would you say that you catch people out? Do people get surprised by a mood change?
- Patient:** My sister does. Do you pet [to Niece] ****
- Doctor:** What about weepiness?
- Patient:** No. I've got over that. I've had my weepiness since my husband died. No, no, I'm over all that dear.
- Doctor:** How does the pain affect your mood? I mean, if the spine is really acting up and you're having a hard time with it. How does it affect you? What do you notice... what do other people notice?
- Patient:** I don't think I complain much, do I Betty? It's hard to say. It's what other people ... I don't know how other people find me.

- Niece:** No, I think, considering how much pain you've got, you manage to bear it extremely well.
- Patient:** and how does your mood affect the pain?
- Doctor:** I just think I've got to live with it and that's it.
- Patient:** If you get angry or overwrought about something, or if you get upset about something, does the pain actually get worse at that point?
- Doctor:** No, I don't think so. I'm not thinking about the pain if I'm angry.
- Niece:** The anaesthetist, Dr ***** has given you a TENS box.
- Patient:** I've got a TENS box from Dr ***** and I use that now and again, but its not always effective.... it depends how bad the pain is. I had it on ... I haven't used this morning (I've brought it over with me) I used it yesterday twice.
- Niece:** I don't know how much the shortening is in you leg now, but she has quite a significant build up in her shoe... and she is going back to see the technical officer next week, to see if she needs more of a build up on her shoe - because you feel it's not right now.
- Patient:** I've got a very bad hip at the moment. The doctor had me X-rayed on 24th of December, and there is arthritis there, but not bad enough to have anything done. It is affecting the pelvis again. For a while with the new buildup it took the strain off the pelvis ... but I'm back to the pain in the pelvis again. I have a deformed pelvis... I had to have the caesarians for the children.
- Doctor:** Have you had acupuncture?
- Patient:** Yes I have.
- Doctor:** It has been really bad since June... I had a bad fall in June, in the garden... and it has been bothering me since June. this is worse that it has been before. But Mr ***** (acupuncturist) was going on to special pressure points as well. And he has given me injections into this ... I have problems with this collar bone as well and my neck ... and he has given me injections there as well.

First Consultation Notes

Mrs Hilda W. Aged 65

Name Mrs HILDA W D.O.B. Sex Occ. Date

Address

Complaint

History of Present Illness

rest < ?
lifting <
pain < after bowling

Drugs II.

Warm bath helps

Shattleyde
-> brace
TENS box

knit top shoe

Previous Illnesses :-

Had father = moved him
at home & didn't work

Personal

Menstrual History

spinal jacket

Cardiac problem

Family History

Examination

25/11

4/2

Arthritis :

Spinal problems

Some asthma

Put her on an inhaler

(R) > (L)

tilts to (R)

Vertebral

Vertebral

very
hormonal alteration
of bones

Congenital Sclerosis
Mid-30s. Spine started to
alter & fell down stairs on bus
-> pain

Chest troubles :- pneumonia x 2
asthma through most of adult life

Electric shock Rx in Shattleyde. 2011

2 children

1 marriage

lived in husband's

shadow :-

-71, H1T. CVA. 12/52

Nb prophylactic

Late 40s. reorganise

memories II

Rx Gather fluid white
on Brufen

affects her heart

ITU

heart problem

Has difficulty going

down since H's death.

First Consultation Notes

Abt to sun - tolerate

fluid on Brufen
interfered with heart
condition

Not much
resp.

HOMOEOPATHIC SYMPTOMS

Generals

Heat :-

Time :-

Stomach

Appetite

Aversions :-

Desires

Sleep :-

Particulars

Head :-

Eye

Ear

Nose

Throat

Face

Mouth

Respiratory

MENTALS

Nervous

Temp :-

Has an identical twin

but sometimes arguments.

Some intolerance of noise.

Cold

Weather

Disordered :-

Thirst

Sometimes pain

side.

Uses to be heavy salt

cheese fish, dishes, fruit, bananas, grapes

Doesn't sleep since H's death, fair <

occiput - (R) & (L)

Stomach

Abdomen

Bowels

Genito-urinary :-

Back :-

Extremities :-

Skin

? bruises easily

Not at peace with

water

Paralytic with fingers

Disturbed health

Can change mood within minutes

Not messy

A bit retrospective

angry about past

Doesn't complain much: bears it well.

Rx	No.	PATIENT REF.	REMEDY REF.
RE	29/3	ST/1/3	
Gr.	Td.	Exaq	Ung
LM.	Gutt	BATCH	
RESPONSE GRADE			Sig.

+56 131)

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FIRST REVIEW

Patient name / id



<https://youtu.be/5fpD0nkkmCQ>



FIRST REVIEW

Notes:

Patient name / id.

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Dr. Russell S. Malcolm
MB, ChB, BA, MFHom.

member of the Faculty of Homoeopathy,

member of the British Medical Acupuncture Society

Lecturer in Homoeopathic medicine - Faculty of Homoeopathy (Scottish Branch)

Dr G. Murdoch
Comely Park Surgery

Fife

my ref: W030

30th March

Dear Dr Murdoch,
re. Mrs Hilda W (61 Woodmill St.,) date of birth: 25-11

I understand that you have recently taken over from Dr Shaw in respect of Mrs W's care. This lady self-referred to my clinic in February. Her principal complaints were of chronic musculoskeletal back and hip pain; frontal headaches ascribed to sinusitis; longstanding constipation; mild ankle swelling; dyspnoea on exertion; intermittent abdominal pain (diverticular disease); fatigue and low mood.

An extended history yielded information concerning her emotional and environmental sensitivities, and she was issued with homoeopathic 30c in three stat doses.

She attended for review in North Queensferry today and reports a substantial improvement in most of her symptoms. This was preceded by an unusual pattern of shifting myalgic pain, and fluent nasal mucus, within a few hours of taking the remedy.

Her pain levels are overall better, and the sinus congestion has resolved. Her bowel habit, and abdominal symptoms have improved, and consequently her mood is brighter.

No additional treatment has been issued today, and no formal followup arrangements have been made. I will be happy, however, to see Mrs W again in the event of a return of symptoms.

With best wishes,

Yours sincerely,

Dr Russell S. Malcolm

cc Dr Shaw

RADIOLOGY REPORT			
			Patient id.
04/12/ X-ray hips /			
GP id.			
<u>Ortho</u>			
<u>L/S SPINE</u>			
<p>MARKED SCOLIOSIS MAXIMAL AT L2/3 WITH SECONDARY DEGENERATIVE CHANGES THROUGHOUT L/S SPINE. EVIDENCE OF WEDGING L3 AND DISK SPACE NARROWING. VERTEBRAL LIPPING AND OSTEOPHYTOSIS EVIDENT AT ALL LEVELS.</p>			
<u>PELVIS</u>			
<p>GROSS DEFORMITY SECONDARY TO CONGENITAL SPINAL SCOLIOSIS WITH SCLEROTIC CHANGES IN SACROILIAC JOINTS, MORE MARKED ON THE RIGHT.</p>			
<p>APPEARANCES CONSISTENT WITH MILD GENERALISED OSTEOMALACIA.</p>			
<u>HIPS</u>			
<p>MARKED DEGENERATIVE CHANGES IN BOTH HIPS WITH PARTIAL COLLAPSE OF R FEMORAL HEAD AND LOSS OF JOINT SPACE BILATERALLY.</p>			
		Radiologist id.	5/12/

PLEASE SELECT SYMPTOMS AND REPERTORISE FOR YOURSELF BEFORE EXAMINING THE SAMPLE REPERTORISATION OVERLEAF.

		P	S	S	P	L	S	C	N	A	E	C	A	C	C	T	A	R	A	M	C	A	N	C	A	R
	WinCARA Chart	H	U	U	U	Y	L	V	C	A	E	S	A	C	C	T	A	R	A	M	C	A	N	C	A	R
		O	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L
	Rubrics Covered	8	7	7	6	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	3	3	3	3	
	Grades score	16	18	10	13	13	14	11	11	9	12	7	12	8	7	5	6	8	6	5	8					
	Weighted score	85	216	45	168	177	202	231	79	75	67	49	167	94	61	59	44	184	74	66	61					
	PAIN-ANGINA PECTORIS, FROM RHEUMATISM																									
	PAIN-ANGINA PECTORIS, FROM STRAINING, OVERLIFTI										2											3		2		
	ANGINA PECTORIS	3			2	2	3			1	2							3	2	2			3	3		3
	CONSTRICTION-(TENSION, TIGHTNESS)	3	3	2	3	2	3	2	3	3	3	1	3	2	2	1	2	2	2	2	2	2	2	2	2	3
	CONSTRICTION-HEART, DISEASE, HYDROTHORAX, WITH																									
	CONSTRICTION-INSPIRATION, DURING		2									1														
	IMPEDED-CONSTRICTION OF CHEST							3				2														
	FOOD-CHEESE DESIRE				1													1		1	1					
	HAEMORRHOIDS-SUPPRESSED	1	3	1		3							2													
	DIFFICULT-WALKING AGAINST THE WIND	2			1								2													
	FEAR-HIGH PLACES, OF		1	1														2								
	CONSTIPATION-PORTAL STASIS, FROM		3			3		3																		
	CONSTIPATION-DIFFICULT STOOL	2	3	2	2	3	2	2	3	1	2	2	3								1		1		2	
	PAIN-ACHING, HIP	2		1						2	2					1				1	1				1	

Themes & Domains
