

## PC: Dry skin on neck ?eczema

### History of Presenting Condition:

16 year old girl , Dry skin started age 10years. Face, mouth, neck and folds of joints affected initially. Saw GP given emollient, anti-fungal cream and hydro cortisone cream which helped face , joints and mouth. Ongoing issues with neck.

Neck / external throat around where collar of shirt rubs. Dry, flaky and red. No bleeding, weepiness or cracking.



AGG: heat of shower , bed , FEATHERS, scratching,

WORSE at seaside in salt water, wet suit rubs becomes red and irritated

Better : cool

### Observations:

- Strawberry blonde hair, pale skin and blue eyes. Looks pale
- Happy to chat when asked questions, not overly chatty.
- Appears confident but slightly self-conscious
- Slight tension between her and her mother noted – mum very outgoing, loud personality, likes attention.
- Musical plays piano and sings. Chorister in local Abbey. Says she likes performing but doesn't come naturally. Feels self-conscious

## Family History:

Maternal Grandmother: Living, Bowel Cancer

Maternal Grandfather: CVA

Paternal Grandfather: Living

Maternal Grandmother: Living cancer.

Father: Well

Mother: Hypothyroid

## Physical Symptoms

<b>Body</b>	<b>Symptoms</b>
<b>Head</b>	Occasional frontal headache
<b>Neck</b>	Dry flaky skin on front of throat area.
<b>Eyes</b>	No problems
<b>Ears</b>	No issues
<b>Nose &amp; mouth</b>	Dry skin around lips and face.
<b>Chest</b>	No issues
<b>Lungs</b>	No issues
<b>Heart</b>	No issues
<b>Digestive system</b>	No issues
<b>Bowels</b>	Occ constipation No gurgling, churning, wind, diarrhoea
<b>Abdomen Rectum</b>	No issues
<b>Urination</b>	No issues
<b>Back</b>	No issues
<b>Female</b>	Regular menses. No clots, not painful, normal flow  Acne forehead pre menses Tearful/ irritable prior to menses
<b>Skin</b>	Patch of dry skin on neck most of the time. Flares up with feathers and at other times. ? central heating agg

	Intermittent dry lips and area around mouth. Itchy,  History of Impetigo on face, cleared with anti-biotics. Eczema on face no longer an issue helped by emollient and hydro cortisone. Patch on neck always there but flares up.
<b>Extremities</b>	No issues

FEARS	<ul style="list-style-type: none"> <li>• Failure, exam</li> </ul>
RELATIONSHIPS	<p><b>MUM:</b> Can argue with mum. ? mum slightly dominating when it comes to her music pushes her to perform "be the star of the show"</p> <p><b>DAD:</b> More like her dad, reserved</p> <p><b>Siblings:</b> has an older sister and her 2 cousins live with them both older. They came to live with them when she was 6 years. Get on well</p> <p><b>Friends:</b> Keeps feeling problems to self. A few close friends Helpful and caring, listens to their problems</p>
Modalities	<p>Better: cool</p> <p>Worse: ? Stress, warmth, bed, seaside, saltwater</p>
Food	<p>Nothing aggravates</p> <p>Likes: fish, shellfish, meat</p> <p>DISLIKES: EGGS</p> <p>Desires: chocolate, sweets</p>

### **Mental / Emotional**

- Generally positive person but can get stressed with school work / exams
- Not fixed routine or ideas but dislikes being late or disorganised with tasks

- but not tidy person room messy
- Likes own company but likes to know someone is close, spends time in room but dislikes being in house alone
  - Becomes tearful / irritable before period

**How would your friends describe you?**

- Thoughtful
- Caring
- Helpful

**Dreams:** No recurring dreams

**Sleep:** Difficult getting to sleep. After midnight before she sleeps. Mind active stops her getting to sleep. Tired in morning –unrefreshed.

Initial Prescription: Natrum Mur 30c/30c/200c

**Follow up 1: ( 6 weeks)**

Some improvement for a few weeks but flare up with possible contact with feathers but settled quicker than usual. No new symptoms. Still using hydrocortisone cream.

Second Prescription: Cortisone Acetate 30c/30c/30c in 24hours. Advised to monitor for a couple of weeks and to take once a week until next follow up while trying to reduce hydrocortisone cream.

**Follow up 2: (6 weeks)** Initially a good response from the Cortisone Acetate skin was less inflamed and itchy but still obvious patch of dryness on neck. Had stopped hydrocortisone cream only using moisturiser. Feathers still appear to be the main trigger and a flare up the week of review. Slept at Uncle's house which had feather pillows.

**Third Prescription:**

Feathers 30c /30c/ 30c advised if flare up not to take all doses and wait and see. If plateau then take dose weekly.

**Fourth follow up :**

Feels a good improvement in skin. Off hydrocortisone cream. Been taking the feathers weekly. No prescription. Advised to stop feathers.



3 weeks later: Telephone call, skin worse. Stressful period gran died and finished exams.

Advised Cortisone Actetate 30c/30c/30c



