

Learning Activities

1. Symptom Selection
2. Case Analysis

Instructions:

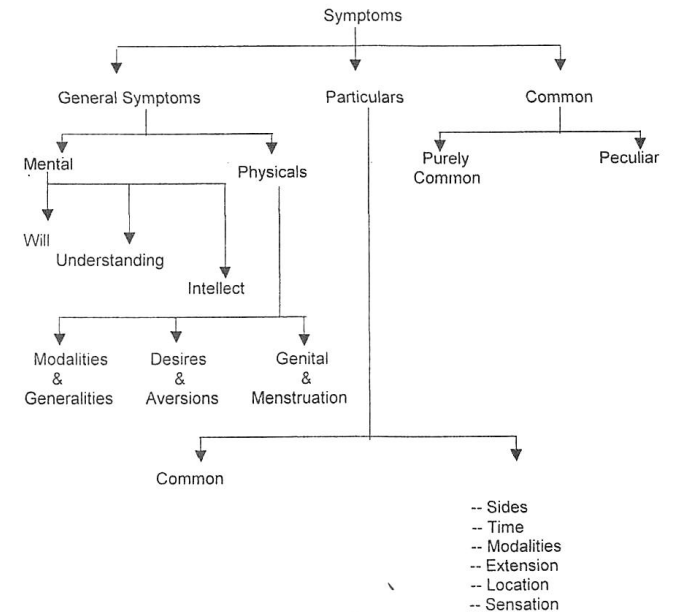
ACTIVITY 1.

1. Look carefully at the categories of symptoms opposite.
2. Try to Read this week's extract from Kent's Lectures on the value of symptoms, making reference to this schema.
3. Watch the case, using the transcript overleaf to follow the narrative as closely as possible. If you choose to print out this transcript, you can mark up any text that you feel may be important, or annotate the transcript with your observations and notes on intonation or manner.
4. Write a number, or letter, next to each significant quote in the transcript and then categorise it in the Symptoms Column provided opposite the transcript text as shown in the example below.

Transcript	Symptom Category
'I am fairly reasonable during the day, but like an ice block at night.'	<i>A</i> Physical General & Time Modality

5. Every time you observe something significant make a note in the Observations column.
6. After discussion of this symptom selection process, we will proceed to repertorial analysis and further discussion of the case, in the following week (Activity 2).

Analysis of symptoms according to Dr. Kent:



Gradation of symptoms according to Kent

1. **General Symptoms:** (which relates to the patient as a whole that is his bodily reactions to environment, his mental and emotional states, his aversions and desires, his body secretions and discharges.)
 - (i) **First grade generals**
 - (a) Those symptoms that are rare and peculiar OR
 - (b) Those that are characteristics of the remedy.
 - (c) Symptoms that relate to the will, the loves, the hates, the fears, the desires and aversions, the perversions of understanding and memory.
 - (ii) **Second Grade generals**
 - (a) Those pertaining to the rational mind and intellect.
 - (b) The body reactions to the environment.
 - (c) Physical appetites.
 - (d) Sexual symptoms.
 - (e) Body secretions, and discharges, because such are elaborated by the organism as a whole.
 - (f) Modalities as to time, and conditions of aggravation and amelioration.
 - (iii) **Third grade generals**
 - (a) Common symptoms. OR
 - (b) Those symptoms common to the proving of many remedies.
2. **Particular symptoms**
Which relate to organs and parts.
 - (a) High grade particulars: Those that is rare and unusual.
 - (b) Second grade particulars: The modalities qualifying the particular symptoms.
 - (c) Third grade particulars: Common symptoms relating to particular tissues or organs.
3. **Common Symptoms:** Which are common to provings of many remedies or to natural disease conditions.

CASE STUDY 10 - Mrs Helen McC - Video Transcript

First consultation, Female 58 - Rough edit to 15 minutes 30 sec.

PRESENTING COMPLAINT [00' : 15"]

Can you tell me about the problem?

... back problem
 which only comes (sort of)
 ... every six weeks...
 ...suddenly appears

and lasts for
 two or three days.



https://youtu.be/f3_r_B5q0uA

When it comes it is very severe ... very depressing

... not all the time,
 but it has a kind of... a nerve pain ... which suddenly goes.

What is it actually like?

... hard to describe ... em ...
 I'm sort of waiting for it
 ...there's a surge...
 ...then dies down.

I mean, I can move...
 ... I can do things...
 ... it doesn't... prevent me from doing...
 ...other than I know it will happen again...

ACTIVITY 1. (Wk 7)		ACTIVITY 2. (Wk 8)
Symptom Category	Observation	Corresponding Rubric

And what sparks it off?

That brought an issue...

I wondered if it was... perhaps... standing...

...it all seems to be if I'm 'busy'

... particularly busy,
or uptight about things.

... [inaudible] ... tension thing...

although it has happened when I haven't been aware of that...

... as when I've been on holiday...

But they don't seem to be able to
do anything to help it -

I've been more or less told.

Where about in the back is it?

...One place...

... there [indicates]...

When it comes it is just always in the one place,

I have a TENS machine which I can put on.

Does that help?

I *think* it helps.

I think it keeps it from perhaps being just...

'over the top'

Another thing... that it starts...

I have a feeling - really about an hour before - that it *could* come.

... but it flares

and, as I say, I'm working about

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

and it gets to me eventually
and I have to give in.

And it is always there - the thought of it.
Now and then I think that it is gone
- but it has been going on for so long.

And I have tried umpteen other ...
I've been prescribed other painkillers
and I've sort of given them up.
I wasn't really wanting to take them
if they weren't having any effect
and I didn't think that they were.

PAST MEDICAL HISTORY [02' : 42"]

Any serious illnesses in the past?

I don't (laughs) think I've had anything in particular.

No TB, Jaundice, Asthma, Diabetes ...

I've put [family history] of asthma down there [on questionnaire]
My son, my brother, had it, but I've never had it.

I've had a hysterectomy, that's the only operation...
and I've had a varicose veins operation,
but that was many years ago.

The hysterectomy was six years ago this month [mumbles].

Did they leave the ovaries?

Yes.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

There is no history of injury to the back?

No.
... I've had x-rays taken, been examined and had a myelogram.
All they could find was 'wear and tear' in my neck (laughs).

SOCIAL & FAMILY HISTORY [03' : 46"]

Who is at home with you just now?

Just my husband.

Is he well?

Yes. He has just taken...
...well he retired last year [inaudible]

Are your parents alive?

No.

What happened to them?

My mother had cancer, she was in her eighties.
My Father died when he was in his fifties
of a cerebral haemorrhage.

What about your grandparents, do you know anything about them?

Hmm ... well I didn't know my father's parents.
They both died when he was fairly young, I think.
My mother's parents - her mother died
...well it was a long time ago.
I can remember them both ...

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

My grandfather he, I think he had cancer [inaudible]...throat I think.
 I think she had ...
 I don't know what it's called, but I think she had jaundice.

HOMEOPATHIC GENERALS [05' :13"]

Temperature [fever, chill and perspiration]

*Are you generally warm-blooded, or chilly,
 in your reactions to temperature round about you?*

I am fairly reasonable during the day,
 but like an ice block at night.

*Would you say that you are more likely to get overheated
 or do you tend to get chilled?*

I'd say I am more likely to get overheated.

Are you tolerant of the sun?

I like the sun, but I don't like it too hot.
 I love being out in it...
 I long for it,
 but when it's really hot I want a bit of shade.

Do you perspire much?

I can do, certainly

... in what situations?

I can probably be alright during the day,
 but I'll be ready to go out ...
 being out, or being in company ... I can.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

SLEEP & DREAMS [06' : 10"]

Are you sleeping all right?

Yes.

I dream a lot
and waken two or three times a night...
then go to sleep again.

[Are there] any recurrent themes in the dreams?

No [inaudible] ... quite vivid ...
I've done that for a long time.

Do they tend to be totally imaginary, or do they relate to everyday life?

No I'd say...
... you maybe try and think about why you were dreaming of
something and, well, we were talking - maybe even a few days
before - about somebody and they can come into the story
... right into the dream.

SYSTEMATIC ENQUIRY [06' : 52"]

1. HEAD

Headaches?

I can get headaches, but [inaudible]
But I can be quite headachy.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

What would they be like?

I can have it ...
I can go to bed with a slight headache
and waken in the morning feeling the same.
I've had that once or twice.
But normally if I take [inaudible] that controls them..

2. ENT [07' : 23"]

Are you catarrhal?

No. My nose can suddenly start running...
... but I'm not one for having colds et cetera.

Have you got allergies, as such?

No

Do you have pets at home?

No. I did have a dog.

3. CHEST

[Are there any] chest troubles?

No

4. ABDOMEN

[Are there any] tummy problems?

No

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

No indigestion, constipation, diarrhoea, gurgling & churning, wind ... ?

Gurgling, but not to the extent that somebody would notice.

5. URINARY

Problems with the water [urinary]?

No

Infections? Discharges?

No

6. SKIN [08' : 14"]

Skin problems?

Well, I have, at the moment ...
comes and goes ... a very itchy head.
Which I haven't had before.

I go [mimes scratching occiput]

And I've got a rash on my back
that keeps coming now
... that's a very recent thing...

And I don't know, maybe,
whether it's with carrying that machine (TENS),
because when I've had it on I can have this rash
... but it isn't in exactly the same place.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

Do you have any moles or warts?

Well I've had a melanoma removed from here [indicates left thigh], but just as a patient for the day. I've been back having checks, but that must be five years and they were happy to stop the checks, unless I need to ...

And I have, you know, ... a few
- I've got some a few [naevi] on my back.

HOMEOPATHIC GENERALS [09' :17"]

(I) Weather, Seasons & Time

Does damp weather or humidity affect the way you feel, or affect the symptoms?

Dull weather affects the way I feel a lot
... dull, dreary days.

... but dull or damp? ...

It doesn't affect **me**, physically.

Are you a day person, or a night person?

Day.

Do you have a good time of the day and a bad time of the day?

No.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

I'm on hormone therapy [HRT]
 I didn't put that down [on the questionnaire].
 I get that twice a year [depot].

So, it is an 'inserted' form?

Yes.

HOMEOPATHIC GENERALS [10' : 16"]

(II) Food & Drink [Desires & Aversions]

[Are there] strong food cravings?

No

What would you miss from your diet if it wasn't there?

I don't know. I haven't got anything that's particular...
 I like cheese ... I like quite a lot of the things I shouldn't.
 But I like sweets at night, but I don't bother during the day...
 But if I'm sitting at night, I'm inclined to ... [inaudible] ...

What about fruit?

... not a lot of chocolate

Food?

Fruit.

I enjoy fruit but I don't eat a lot of it.

Do you like highly seasoned food, or do you like things fairly bland?

I like it seasoned.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

What about salt?

I take salt and I cook with salt in when I'm cooking.

HOMEOPATHIC - MIND [11' : 25"]

How would you describe your personality?

In what way ... (laughs)
What do you want to hear? ...
Reasonable or short... ?

Well, tell me who you are and how you would describe yourself?

... how I'd describe myself...

I'm friendly.
I would say reasonably tolerant...
but I don't know if my husband would agree... with that.
I'll go so long then I'll suddenly ...
... flare up.

Have you got a temper, would you say?

... can have.

What situations?

I don't **lose** my temper readily.
[inaudible] ... watch if I am still boiling hot.

Are you a forward-looking person, or are you retrospective in your thoughts?

Mmm ... I think I would say yes to looking backwards a lot.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

Do you speak your feelings easily, or do you keep a lot to yourself?

I keep quite a lot to myself.

Do you have any hobbies?

Golf, Badminton. (Laughs) See what my friends [inaudible]
I've been golfing a long time, but I won't be a golfer.
I enjoy it ... again, I enjoy going for the company too.

Are you tidy by nature?

I am tidy but I can get into a muddle but em...
I take time to tidy... that's one of the things... I'm busy
... I'm still tidying up because it takes time to do things.
I wouldn't say that it's ... it's something
... I can be tidy,
but I can also be quite happy sitting with things around me.

One other thing ... with my daughter getting married in July ... and saying about things I have to do ... and I hope I'll be alright then ... it's silly because I'm thinking about it now ... but also the fact if ... I'm going back a number of years ... I had to come out of church one time ... in fact it happened a few times ... I've got to go and 'spend a penny' [urinate] ... came out and I was quite alright ... I thought 'I'll go' and even over the years having gone, or haven't gone, to some funerals because of this feeling ... and have just gone and waited in the car even ... having got there and thought I can't even go in ... and even if I've been [to the toilet] recently, I couldn't even enjoy going to the theatre once I've done that... I don't like being in a supermarket and standing in a queue ... the same feeling coming on ... and yet, as I say, I can go for hours and not need to go. I don't know whether that is anything ... but I've been feeling it a lot. I don't know what triggered that off. It is not so bad because I haven't been out much to things recently. But I'm still digging my nails in while I'm there.

ACTIVITY 1.		ACTIVITY 2.
Symptom Category	Observation	Corresponding Rubric

