

Dr. Schinko's Appendicitis Case Study

18 yo AAM awakened from sleep yesterday morning with RLQ abdominal pain associated with subsequent N/V, anorexia, fever and chills. Normal bowel movements until yesterday. No urinary symptoms, cough, shortness of breath, or chest pain.

PMH: asthma

PSH: tonsillectomy as child

Meds: albuterol inhaler prn

FH: HTN, DM, CAD

SH: Does not smoke or drink alcohol. College student.

ROS: as above, otherwise negative

Physical Exam: 18 yo AAM in acute distress, holding abdomen.

Temp: 100.7

Heart Rate: 97

Blood Pressure: 125/67

Respirations: 22

Oxygen Saturation: 98%

HEENT: anicteric sclera, conjunctiva pink

Lungs: clear and equal bilaterally

Heart: RRR

Abdomen: Firm, slightly distended, RLQ tenderness with guarding and rebound

Rectal: heme negative, R tenderness

Extremities: no deformity or cyanosis

Neuro: AAO X 3, grossly intact

1. What is the differential diagnosis (DDx)? (include at least 5 possible diagnoses with explanations - do not put this in brochure - on a separate page)

- A. Most likely - Appendicitis B. Next likely - explanation**
C. Next likely - explanation D. Next likely - explanation
E. Next likely - explanation

2. What studies (tests, etc.) do you think will help to differentiate the diagnosis? (include the risks and benefits; do not put on this information on your brochure.)

3. Outline the pathophysiology of appendicitis. What are the risk factors (age, gender, co-morbidities)? (This requirement can be met by adding to your brochure)

4. What are the surgical options? risks? benefits? (brochure)

5. What would you tell the patient to expect postoperatively? (include both acute and chronic issues)

6. Make a Patient Brochure for the Appendectomy patient.

Be sure to include pictures (you are not limited to the following requirements)

Pre and post-op surgical information/directions

Your office/surgical center name/location/phone number/map (directions)

Staff information

Educational information/explanations about the appendix, the pathophysiology (appendicitis- what is it?), and the surgery/technique that will be used.