

Alexandria's Case

OVERVIEW:

Alexandria is a teenager who used to always be happy and content with life. But lately she has been feeling differently. When she goes into the clinic for a routine physical, will you, as her physician correctly determine whether she is struggling with a substance abuse problem? If so, will you help her get onto a path to recovery?

GOAL:

Gather subjective and objective information, determine the meaning of objective data, and use the data as evidence to form a logical conclusion.

ROLE:

Each team member will work together collectively in the role of Alexandria's family physician.

OBJECTIVE:

Obj. 3.10: Determine an evidence-based assessment and an aligned treatment plan

DELIVERABLE:

- 1) SOAP Note
- 2) Informal presentation

ASSESSMENT:

Two of the SOAP note sections (Assessment and Plan) will be evaluated on a rubric.



Role:

You are a general practitioner, and you see 10-12 patients everyday for a variety of reasons. You work in a clinic with a team of other doctors. Today, you are examining a 17-year old female, Alexandria, for her high school physical. Though she is a patient of yours, it has been 3 years since you've last seen her. Upon her last visit, she was a healthy, active 14-year old of normal height and weight.

Case Introduction:**PATIENT INTERVIEW AND EXAM:**

Upon entering the exam room, you notice that Alexandria's posture is poor and her shoulders are slumped. Her face is pale and she has dark circles under her eyes. Her clothes seem a little baggy. You have the following conversation with Alexandria:

Doctor (D): How are things going, Alexandria?

Alexandria (A): They're fine.

Doctor: How's school? Keeping your grades up?

A: It's okay, I have mostly Cs.

D: You used to have all As and Bs, what's happening in your junior year?

A: Just getting tougher, I guess.

D: How are your friends?

A: They're good, I've been hanging out with kids who don't go to my school lately.

D: How often do you get to see them? It must be hard not being at the same school.

A: I see them everyday.

D: How is that?

A: Well, sometimes, I think it's more important to hang out with my friends than to go to school.

D: So you're skipping school?

A: Sometimes.

D: How are your parents?

A: Still drinking.

D: How do you feel physically?

A: Fine.

D: Are you sleeping regularly?

A: I'm not tired.

D: When was the last time you slept for a full 8 hours?

A: I don't know. Maybe a few weeks ago.

D: About how many hours of sleep per night are you getting?

A: Maybe 3 or 4. Sometimes I have visions that keep me up at night.

D: Are you eating regularly?

A: I'm not hungry.

D: When was the last time you ate? What did you eat?

A: I think I ate an apple yesterday or something.

D: Are you taking any medications?

A: Sometimes I take ibuprofen because my arms hurt, and some sinus medicine everyday.

D: How would you describe the pain in your arms?

A: They sometimes tingle; they're sometimes numb.

D: Why are you taking sinus medication?

A: I've been having lots of nosebleeds lately, they're pretty painful.

D: How would you describe your moods?

A: Well, sometimes I feel like I can do it all. I feel better than everyone, like a rock star. Sometimes I just feel like I don't even matter, like I should just end it all.

D: End what all?

A: Ya know. All of it.

D: Is there anything that makes you feel better when you want to "end it all?"

A: Some stuff. Being around friends who are into the same things I am.

D: Do you think it's healthy to think about hurting yourself?

A: You all are out to get me! I'm perfectly fine! Everyone wants me to go away, you all are planning to get rid of me, I know it!

After interviewing Alexandria, you performed your physical examination. You found her to be 105 lbs and 65 inches. She has a blood pressure of 140/95, and a pulse of 120 beats per minute. Alexandria's body temperature was 101 degrees Fahrenheit, and she was sweaty even though the room was cool. Her pupils were dilated. During your exam, Alexandria seemed restless and fidgety. Her inner elbows had scabs that looked to be healing within the past month. Also, you have ordered substance tests of Alexandria's blood and urine. Although the lab tests won't return for another few days, you highly suspect a substance abuse or addiction issue.

SOAP Note:

Complete the Subjective and Objective portions of the SOAP note with Alexandria's information.

SOAP Note**Subjective:**Signs &
Symptoms

Allergies

Medications

Past medical
history

Last oral intake

Events leading
to injury or illness

Frequency

Associated
Symptoms

Radiation

Character

Onset

Location

Duration

Exacerbating
Factors

Relieving Factors

Objective:

Measurements

Vital Signs

Exam Results

Lab Results

Research:

Write your research questions below. Use your research to rule out differential different substances should could be using. Your final diagnosis will include the substance as well as her status with that particular drug on the spectrum of drug use, abuse, and addiction.

Hypothesized Drug	Owner/Source	Evidence & Information

Assessment:

Write a short summary of Alexandria's case, then complete a differential diagnosis including at least three possible drugs that she may be using. Make a final diagnosis of the drug Alexandria has been using and what part of the spectrum of drug use, abuse, and addiction she is on (listed below for reference). Support with evidence and reasoning.

Assessment:	
Summary	
Differential Diagnoses	1. 2. 3.
Final Diagnosis	<i>Claim:</i> <i>Evidence:</i> <i>Reasoning:</i>

Drug Use, Abuse, & Addiction Spectrum (see Lesson 3.9): 1) Drug experimentation; 2) Social use of drug; 3) Binge drinking; 4) Substance abuse; 5) Addiction or Chemical dependency

Plan:

Create a plan for Alexandria, using information you research about the treatment and management of her diagnosed illness or disorder. Be sure to reference the stage she is currently in on the Developmental Model and a realistic timeline prediction of how she might move through the phases.

Plan:**Steps of
Plan**

*(Consider
mental, social
and physical
health; short-
and long-term
needs, and
follow-up care
required)*

Rubric:

You will be graded on the stated objective using the rubric below:

Obj. 3.10: Determine an evidence-based assessment and an aligned treatment plan

Needs Improvement	Emerging Mastery	Partial Mastery	Mastery
Assessment: (1) Final diagnosis of substance Alexandria is using is NOT supported with evidence and no sources cited. (2) Status in the Drug Use, Abuse, & Addiction Spectrum is missing.	Assessment: (1) Final diagnosis of substance Alexandria is using is supported with at least 1 clear piece of supporting evidence OR 1 reliable source. (2) Status in the Drug Use, Abuse, & Addiction Spectrum is unclear and inaccurate.	Assessment: (1) Final diagnosis of substance Alexandria is using is supported with at least 2 clear pieces of supporting evidence and 1 reliable source. (2) Status in the Drug Use, Abuse, & Addiction Spectrum is clearly noted, but may not be accurate.	Assessment: (1) Final diagnosis of substance Alexandria is using is supported with at least 3 clear pieces of supporting evidence and 1 reliable source. (2) Status in the Drug Use, Abuse, & Addiction Spectrum is clearly and accurately noted.
Plan: (1) Plan is completely inappropriate or lacking in detail. (2) Stage in Developmental Model & possible timeline is missing.	Plan: (1) Plan is either inappropriate, unrealistic, or incomplete, and neglects patient's mental, social, or physical health. (2) Stage in Developmental Model & possible timeline is unclear and inaccurate.	Plan: (1) Plan is appropriate and realistic, taking into account patient's mental, social, and physical health. (2) Stage in Developmental Model & possible timeline is clearly noted, but may not be accurate	Plan: (1) Plan is comprehensive, appropriate, and realistic, taking into account patient's mental, social, and physical health. (2) Stage in Developmental Model & possible timeline is clearly and accurately noted.

Post-Case Wrap-up Questions:**Module 2 Learning Objectives:**

Obj. 3.1: Identify the risk factors for addiction and reasons people may try drugs.

Obj. 3.2: Identify barriers to behavior change.

Obj. 3.3: Identify commonly abused drugs by category, routes of administration, and effects.

Obj. 3.4: Analyze how public health policies and government regulations have influenced smoking

Obj. 3.5: Identify the effects of alcohol on the body in relation to blood alcohol concentration.

Obj. 3.7: Identify factors that contribute to the use of marijuana among teenagers

Obj. 3.8: Use data to provide evidence in an explanation of the prescription drug abuse problem

Obj. 3.9: Explain the spectrum of substance use, abuse, & addiction and the Developmental Model

ANSWER THE FOLLOWING QUESTIONS ON A SEPARATE SHEET OF PAPER.

Obj 3.1: List at least two reasons why Alexandria may have chosen to try drugs. List at least one risk factor for substance abuse that Alexandria had.

Obj 3.2: Imagine you are Alexandria's loved ones and you confront her about her substance abuse problem. Write out three possible short responses that Alexandria may have. Each response should demonstrate one of the three barriers to behavior change.

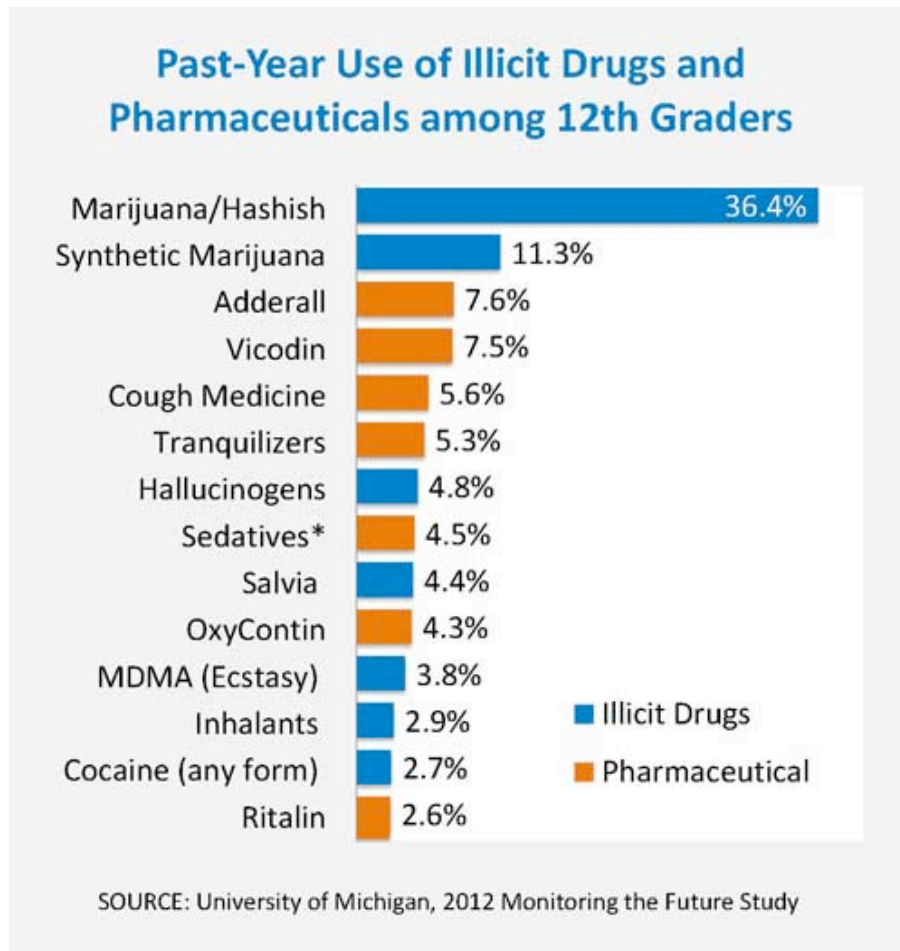
Obj 3.3: For the drug you diagnosed Alexandria as using, list the drug category it belongs in, it's possible routes of administration, and it's short and long-term effects.

Obj 3.4: Alexandria is not a cigarette smoker. However, if she had been a teenager 10-15 years ago, her statistical likelihood of being a smoker would be much greater. List at least two possible reasons why tobacco use has decreased among teenagers in the last 10 year. (At least one of the reasons should be related to public health policy or governmental regulation).

Obj 3.5: Alexandria is out at a party with her friends. She drinks five alcoholic beverages and gets into a car with a friend who has drank a similar amount. Why is this an extremely dangerous situation. List at least 3 specific reasons related to the effects of alcohol on the body.

Obj 3.7: List 3 factors that might influence Alexandria to try marijuana.

Obj 3.8: Based on the chart below, which pharmaceutical drugs have a higher past-year-use among 12th graders than the drug that you determined Alexandria was using.



Obj 3.9: Where did you place Alexandria on the spectrum of substance use, abuse and addiction? Why did you place her there? (Cite at least two pieces of evidence). Why might this often be difficult to determine?