# Case Study: Tanaya

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## Clinical Dashboard - Pertinent History and Physical

### Paragraph Summary of Case:

- Paragraph Summary: Tanaya, a 63-year-old woman, presents with a 6-month history of progressive blurred vision and glare sensitivity. She reports increasing difficulty reading, driving at night, and performing daily activities. Her past medical history is significant for type 2 diabetes mellitus, hypertension, and high cholesterol. A comprehensive ophthalmological examination reveals bilateral cataracts.

### Patient Approach:

- Education Level: College graduate

- Emotional Response: Concerned and anxious about vision loss

- Communication Style: Articulate and engaged, asks targeted questions

### History of Present Illness (HPI):

- Onset: 6 months ago

- Location: Bilateral vision

- Duration: Progressive over 6 months

- Character: Blurred vision, glare sensitivity

- Aggravating/Alleviating Factors: Reading, night driving, and daily activities are difficult

- Radiation: N/A

- Timing: Constant, progressive

- Severity: Significantly impacting daily life

- Additional Details: Patient notes difficulty with near and distance vision

### Past Medical History (PMHx):

- Active Problems: Type 2 diabetes mellitus, hypertension, hyperlipidemia

- Inactive Problems: N/A

- Hospitalizations: None

- Surgical History: None

- Immunizations: Up to date

### Social History (SHx):

- Tobacco: Non-smoker

- Alcohol: Occasional social drinker

- Substances: None

- Diet: Healthy, balanced diet

- Exercise: Moderately active, walks regularly

- Sexual Activity: Active

- Home Life/Safety: Lives with spouse, safe home environment

- Mood: Anxious about vision changes

- Contextual Details: Works as a bookkeeper, relies on clear vision for daily tasks

### Family History (FHx):

- Parents: Father has type 2 diabetes, mother has hypertension

- Siblings: No significant health issues

### Medications and Allergies:

- Medications: Metformin, lisinopril, atorvastatin

- Allergies: No known allergies

### Review of Systems (ROS):

- Pertinent Findings: Positive for blurred vision, glare sensitivity, and difficulty with near and distance vision tasks

### Physical Examination:

- Findings: Visual acuity 20/60 in both eyes, with reduction in contrast sensitivity. Slit-lamp examination reveals bilateral nuclear sclerotic cataracts. Intraocular pressures are normal. Fundoscopic examination is normal.

### Diagnostic Reasoning:

- Essential HPI Details User Should Elicit: Onset and progression of vision changes, impact on daily activities, associated symptoms (glare, difficulty with near and distance vision)

- Differential Diagnoses: Cataracts, diabetic retinopathy, age-related macular degeneration, glaucoma

- Rationale: The patient's progressive bilateral vision changes, difficulty with near and distance vision tasks, and the presence of bilateral cataracts on slit-lamp examination support a diagnosis of age-related cataracts.

### Teaching Points:

- Key Learning Objectives: Recognize the presenting symptoms of cataracts, understand the impact of cataracts on visual function, and identify the key elements of the diagnostic approach.

- Educational Content: Cataracts are the leading cause of vision loss in older adults. They are characterized by progressive opacification of the lens, leading to blurred vision, glare, and difficulty with near and distance activities. Risk factors include age, diabetes, and exposure to ultraviolet light. The diagnostic approach includes a comprehensive eye examination, with slit-lamp biomicroscopy being the primary tool to visualize and characterize the cataracts. Treatment typically involves surgical removal of the cataractous lens and replacement with an intraocular lens implant, which can significantly improve visual function.

## PATIENT DOOR CHART and Learner Instructions

- Patient Name: Tanaya

- Age: 63

- Legal Sex: Female

- Chief Complaint: Progressive blurred vision and glare sensitivity

- Clinical Setting: Ophthalmology clinic

### Vital Signs:

- Blood Pressure Reading: 130/80 mmHg

- Pulse Rate: 72 bpm

- Respiratory Rate: 14 breaths/min

- Temperature(Celsius): 36.5°C

- SpO2: 98%