

Gender: Male

Age: 5

MRN: 799979

Diagnosis: Budd-Chiari syndrome

History and Physical:

Patient: "Doctor, I have been feeling really unwell lately. Ive been coughing for the past three days, and its been bothering me quite a bit."

Doctor: "Alright, lets go over everything in detail. Youve mentioned a cough, but we need to check on the other things as well. Could you tell me if youve had any other issues in the past month?"

Patient: "Yes, actually. About a month ago, I had loose motions, vomiting, abdominal distension, and fever. I went through some investigations, and they suspected ascites."

Doctor: "Thank you for the details. Im reviewing your medical history. There's nothing significant in your past medical or surgical history, and your family history doesnt show anything remarkable either. Your birth was uneventful, and vaccinations have been given according to the national schedule. Your development and nutrition seem to be normal, too."

Patient: "Yes, everything else has been fine up until now."

Doctor: "Alright, lets examine you. Ive noted that your weight and height are within the 5th centile for your age, but your height is above the 50th centile. Theres no jaundice, no pallor, and no swelling. Your heart sounds normal. Your consciousness is intact, with a Glasgow Coma Scale of 15/15. Your breathing is also normal."

Patient: "Okay, thats a relief."

Doctor: "Your abdominal examination shows a soft abdomen with a 6 cm enlarged liver, but the spleen is not palpable. There's no sign of portal vein thrombosis. Let's review your lab results. Your bilirubin is 1.7, and liver enzymes are elevated: ALT is 369, AST is 336, ALP is 218, and GGT is 34. Your albumin is at 3.4, and your INR is 1.6, indicating some liver dysfunction. You also have a mild decrease in your platelets (100), and sodium levels are a bit low at 128."

Patient: "What does all that mean, doctor?"

Doctor: "The liver enzymes are quite high, which indicates liver stress or injury. The low sodium and platelets can be related to liver problems. I also see that you have a negative autoimmune profile and negative hepatitis B and C results. This could be helpful in understanding the cause."

Patient: "What do the scans show?"

Doctor: "Your ultrasound from August 8th showed hepatomegaly with altered liver echotexture and narrowing of the hepatic veins. It is suggestive of Budd-Chiari syndrome, which is a blockage of the hepatic veins. Your CT scan on August 9th confirmed hepatomegaly with heterogeneous parenchymal enhancement, a narrowed intrahepatic IVC, and mild ascites, splenomegaly, and necrotic mesenteric lymph nodes. These are concerning signs of liver disease."

Patient: "What are we doing about it?"

Doctor: "We've started you on treatment with spironolactone to manage ascites and vitamin K supplementation. We're also planning further tests, including a Fibroscan today, and we'll need to repeat some baseline tests like Protein C, Anti-thrombin III, and IgG. You should follow a low-salt diet and continue taking your medications, including omeprazole for stomach protection."

## Follow-Up Visit (27.08.2024)

Patient: "Doctor, I dont have any major complaints right now, but Ive been following the treatment."

Doctor: "Thats good to hear. Lets review your condition. Your weight is stable at 15 kg, and your height is still at the 5th centile. Your jaundice is negative, theres no pallor, and your edema has not worsened. You still have a soft abdomen with a palpable liver. The shifting dullness in your abdomen suggests ongoing ascites."

Patient: "I see. Is everything else looking fine?"

Doctor: "Your liver enzymes have been monitored, and the autoimmune profile remains negative. The ultrasound and CT scans still show signs of hepatomegaly and altered liver structure, consistent with Budd-Chiari syndrome."

Patient: "Whats the next step?"

Doctor: "Well do a Fibroscan to check the liver stiffness. Well also collect some more baseline tests, including a blood group, crossmatch, and viral serology. You need to avoid salt and continue your medications. We are also planning for an endoscopy to evaluate for esophageal varices and gastropathy."

## Follow-Up Visit (03.09.2024)

Patient: "Doctor, my abdominal distension has been getting worse for the past few days. Ive also had some steatorrhea."

Doctor: "Thank you for the update. It seems like your symptoms are progressing. Your weight is up to 16 kg, and your height is 112 cm, but your liver function is still impaired. The Fibroscan results showed F0 stage, indicating no significant fibrosis, but your ascites and jaundice are still a concern."

Patient: "What are the latest lab results?"

Doctor: "Your Protein C is at 49, Protein S at 79, and Anti-thrombin III at 118, which are a bit low. We are still waiting on your IgG levels. Your autoimmune profile is negative, and both HBsAg and Anti-HCV tests remain negative."

Patient: "I still have the same medications, right?"

Doctor: "Yes, you continue on spironolactone, omeprazole, ora AD drops, and vitamin K. I've adjusted your spironolactone to 12.5 mg twice daily, and we will add furosemide to help with fluid retention."

Patient: "Whats the next step, doctor?"

Doctor: "Well monitor your serum IgG levels and proceed with an endoscopy to check for varices. Well also follow up in a few days for anesthesia and pre-procedure workup for your upcoming procedure."

Endoscopy Report (10.09.2024)

Doctor: "Your endoscopy today showed grade 2 esophageal varices without red signs, which is important to manage. Well continue with your current treatment plan and monitor for any

complications. Keep up with the low-salt diet and your medications."

Follow-Up Visit (30.09.2024)

Patient: "Doctor, Ive been feeling worse again. Ive had loose stools for the last two days, along with abdominal pain, vomiting, and fever."

Doctor: "It seems like theres a worsening of your symptoms. Your weight remains stable, and your height is still at the 50th centile. Youre still showing signs of ascites and jaundice is absent, but there are some changes we need to keep an eye on."

Patient: "What are the current lab results?"

Doctor: "The lab results are mostly unchanged, with your protein levels still low. The endoscopy on 10th September confirmed grade 2 esophageal varices, and your ultrasound and CT scans remain consistent with the previous findings of hepatomegaly and ascites."

Patient: "Whats the plan now, doctor?"

Doctor: "We will continue your treatment and ensure you follow a strict salt-free diet. You need to stay on your current medications, and we will repeat some tests, including CBC, liver function tests, and renal function tests, to monitor your progress. We will also keep an eye on your protein levels and plan for further interventions if needed."