

First Visit 28th June 2024

Doctor: Hello, how are you feeling today? What brings you here?

Patient: Doctor, I have been feeling very weak lately.

Doctor: I see. Have you noticed any other symptoms?

Patient: Yes, I've had swelling in both my legs and abdominal distension since 2019. Recently, I also had black-colored stool (melena).

Doctor: That sounds concerning. Do you have any history of liver disease or hepatitis?

Patient: Yes, I was diagnosed with hepatitis B in 2019 and took treatment for three months. After that, I was managing my condition with medications.

Doctor: Understood. Have you had any episodes of vomiting blood (hematemesis) or jaundice?

Patient: No, I haven't had hematemesis or jaundice, but I do have ascites that responds to diuretics.

Doctor: Have you had significant weight loss, fevers, or night sweats?

Patient: No, none of those.

Doctor: Have you ever needed a blood transfusion?

Patient: Yes, I've had five pints of blood transfused.

Doctor: I see. What medications are you currently taking?

Patient: I take Cap Nexum 40mg, Tab Spiromide 40mg, Tab Carveda 3.125mg, and Tab Rifaxa 550mg.

Doctor: Thank you for sharing that. Now, let me examine you. [Performs examination]

CNS: Conscious, well-oriented (GCS 15/15)

CVS: Normal heart sounds (S1 + S2 + 0)

Respiratory: Normal breath sounds (bilateral vesicular breathing)

GIT: Abdomen soft, non-tender, non-distended

Doctor: Let's review your test results.

Investigations:

Endoscopy (04/05/24): Three small columns of esophageal varices (EV) without recent bleeding, severe pangastritis with multiple nodules and ulcers, portal hypertension.

Ultrasound Abdomen (03/06/24): Cirrhotic liver, portal hypertension, mild to moderate ascites, no focal lesions.

CT Scan (10/06/24): Cirrhotic liver with left lobe hypertrophy, no arterialized lesions, portal vein thrombosis, moderate splenomegaly.

Lab Results:

Test 22/03/24 07/06/24

Hemoglobin (HB) 8.7 -

TLC 6.3 -

Platelets (PLT) 64 -

Total Bilirubin (T-BIL) - 0.8

ALT/AST - 23/25

ALP - 75

Albumin - 3.5

Creatinine 1.27 1.03

Sodium (Na) 125 -

Potassium (K) 4.1 -

INR - 1.1

AFP - 1.9

PIVKA II - 31.77

MELD Na Score - 8 points

Doctor: Based on your history, examination, and tests, we suspect Hepatitis B or C-related decompensated chronic liver disease (DCLD).

Patient: Whats the next step, doctor?

Doctor: We need to complete your HBV and HCV PCR tests. Liver transplant is the definitive treatment, but its not immediately necessary. Your son is available as a donor, and we have explained the donor criteria to him. We will monitor your condition closely.

Management Plan:

1. Complete pending lab tests (HBV and HCV PCR).
2. Submit a CD of the CT scan to Interventional Radiology.
3. Follow up with hepatology in three weeks.
4. Start Qalsan D once daily.

Follow-up Visit 11th October 2024

Doctor: Welcome back. Have you had any new symptoms since your last visit?

Patient: Yes, I have been experiencing nausea and loose stools.

Doctor: I see. Let me confirmare you still taking your medications?

Patient: Yes, I am currently taking:

Spironolactone/furosemide 20/50mg

Iron tablets (Fefol)

Qalsan (Vitamin D)

Carvedilol 3.125mg twice daily

Ensure (nutritional supplement) three times daily

Omeprazole 40mg

Doctor: Let's do a quick examination.

General Appearance: Normal-looking, middle-aged woman

CNS: Alert and oriented (GCS 15/15)

CVS: Normal heart sounds (S1 + S2 + 0)

GIT: Soft, non-tender abdomen

Respiratory: Normal breath sounds

Investigations:

Ultrasound Abdomen (29/06/24): Chronic liver disease with moderate splenomegaly, mild ascites, no discrete focal hepatic lesions.

CT Scan (29/06/24): Bland thrombus in the portal vein, dilated portal and splenic veins, bilateral renal cysts.

Lab Results:

Test 22/03/24 07/06/24 24/08/24

Hemoglobin (HB) 8.7 - 9.1

TLC 6.3 - 14.5

Platelets (PLT) 64 - 58,000

Total Bilirubin (T-BIL) - 0.8 1.2

ALT/AST - 23/25 41

ALP - 75 79

Albumin - 3.5 -

Creatinine 1.27 1.03 1.13

Sodium (Na) 125 - 132

Potassium (K) 4.1 - 4.67

INR - 1.1 1.28

AFP - 1.9 -

PIVKA II - 31.77 -

MELD Na Score - 8 points 8 points

Doctor: Your condition remains stable, but there is some confusion about whether you have Hepatitis B or C. We need further testing to confirm.

Patient: What should I do next?

Doctor: Heres the plan:

1. Colonoscopy to evaluate chronic diarrhea.
2. HBsAg, AFP, and HCV PCR to clarify hepatitis status.
3. Ultrasound abdomen and plan an endoscopy.
4. Medications:
 - o Spironolactone 100mg once daily
 - o Calcium carbonate/Vitamin D once daily
 - o Carvedilol 3.125mg twice daily

o Multivitamin once daily

5. Follow-up in six weeks.

Doctor: If you experience worsening symptoms, please return earlier.

Patient: Thank you, doctor.