

Patient: Ive been feeling a lot of abdominal distention again, doctor. It's causing a lot of discomfort.

Doctor: I see. Can you tell me a bit more about how long you've been experiencing this issue?

Patient: It started around 3 years ago, along with a fever. At first, I was treated for abdominal TB at a local hospital for about a year. After that, I was okay for two years, but then the same symptomsfever and abdominal distentioncame back. I saw Dr. Nagina Shahzadi who gave me antibiotics, but things didnt improve much, so I was referred to Childrens Hospital Lahore for further treatment.

Doctor: And what happened at Childrens Hospital?

Patient: I was admitted for about 15 days, and after several investigations, they diagnosed me with Budd Chiari Syndrome based on a CT scan and ultrasound of my abdomen. They also had to do multiple taps during my stay.

Doctor: Got it. Have you experienced any decompensations since then?

Patient: Yes, Ive had jaundice and ascites.

Doctor: I understand. Let me check your previous medical history... You mentioned a history of abdominal TB. Can you tell me more about that?

Patient: I had treatment for abdominal TB for a year in Aziz Fatima Hospital. After that, I was stable for about two years before the symptoms returned.

Doctor: Okay, thank you for that information. Let me now check your current examination findings.

Youve been showing signs of jaundice, pallor, and edema up to your ankles, correct?

Patient: Yes, thats right. Ive also had some difficulty breathing and Ive been feeling really tired.

Doctor: I see that your physical exam shows hepatomegaly, prominent veins, and mild to moderate ascites. Well need to closely monitor your liver function and ascites management.

Patient: Ive been following my medications, as advised. Im currently on Syrup Paracetamol, Lasoride, Aldactone, and a few others. Is this still the right treatment for me?

Doctor: Yes, your current medications seem appropriate for managing the condition. However, well need to make some adjustments based on the latest lab results and radiological findings. Let me go over those with you.

Doctor: Your recent lab results show that your bilirubin is 2.3, AST is 125, albumin is low at 2.2, and your INR is elevated at 2.2. These all suggest liver dysfunction, and we need to continue managing those with medications like albumin replacement. Your hemoglobin is also quite low at 8.4, and your platelet count is 78, so we need to monitor for any bleeding risks.

Patient: I see. Is there anything else I need to be concerned about?

Doctor: Your livers condition is quite concerning, and I also want to highlight the findings from your recent radiological scans. Your ultrasound shows liver enlargement with hypertrophy of the caudate lobe. The CT scan shows signs of hepatomegaly, with a narrowed intrahepatic IVC and features consistent with Budd Chiari Syndrome.

Patient: Whats the plan moving forward?

Doctor: We'll continue your medications, but we are considering a liver transplant as the definitive treatment. We'll discuss this in our multidisciplinary team (MDT) meeting. In the meantime, we'll discontinue the diuretics, monitor your lab results closely, and plan for an endoscopy to assess any other potential issues.

Patient: That sounds serious. What do I need to do at home?

Doctor: You'll need to continue your current medications and make sure you follow up with the scheduled labs. We also recommend some additional support, such as taking Vitamin A, D, and E drops, and ensuring you're on the MCT oil regimen. I'll also prescribe some antibiotics in case of infection.

Patient: Thank you for explaining everything, doctor. I'm a bit worried, but I'll follow your instructions closely.

Doctor: I understand this is a lot to take in. We will be here every step of the way, and we'll ensure you get the best care possible. Let's stay in touch and monitor your progress closely. Do you have any other questions or concerns?

Patient: Not at the moment. I'll follow up as you suggested. Thank you.

Impression: Budd Chiari Syndrome

Plan:

Discuss in MDT

Discontinue diuretics (Tablet Lasoride, Aldactone)

Follow up on Friday

Repeat baseline labs on follow-up

Screening endoscopy planned

Continue current medications

Parental counseling done