

Patient Clinical Summary: Rebecca White

Consultation Date: July 25, 2024

Rebecca presented with severe joint pain, primarily affecting her wrists and fingers. She described morning stiffness lasting for over 30 minutes.

Medical History:

- 2020: Diagnosed with Hashimoto's thyroiditis.
- 2022: Mild anemia managed with iron supplements.

Physical Examination:

- Swelling and tenderness in wrists and proximal finger joints.
- Limited grip strength.

Lab Results:

- Positive rheumatoid factor.
- Elevated ESR and CRP levels.

Assessment:

- Rheumatoid Arthritis.

Plan:

- Started Methotrexate 15mg once weekly with folic acid supplementation.
- Referral to a rheumatologist for ongoing management.

Next Appointment: In 4 weeks to assess response.