

## Case Report Requirements

### Purpose

The Emergency Medicine Case Reports allow the applicant to demonstrate their knowledge and application of appropriate actions and treatments that would be common in the everyday practice of Emergency Medicine. The Board is not looking for controversial or unusual case management, even if the physician can justify his or her actions. Case Reports should represent a variety of presentations, courses of treatment and levels of complexity representative of the applicant's everyday practice.

1. All applicants must submit two (2) copies of Case Reports for ten (10) Emergency Medicine cases for which they were the lead physician.
2. The case reports must be no older than twelve (12) months from the date of application submission.
3. An index shall be placed at the front of reports indicating the type of case (diagnosis) and the page number on which the case can be found.
4. All cases must be verified by the hospital administrator, medical records director, or other appropriate staff to confirm that all submitted cases were managed at the stated facility, on the date listed, and under the direction of the applying physician. This verification must be on official letterhead, signed and notarized. If the applicant's cases reflect work at more than one institution, then separate letters must be submitted verifying the cases from each institution.

The index and verification may be on the same page, but a combined Index/Verification must meet the verification requirements listed above. For an example, see the sample index/verification form.

5. Each case report should contain the following information in clearly labeled sections:
  - a. An applicant-assigned patient # (identical to the case # assigned in the Index)
  - b. Date of Emergency Department Care
  - c. Chief complaint
  - d. History
  - e. Physical examination and results of the Emergency Department work-up, including lab results and imaging studies
  - f. Emergency Department course and final disposition including condition of patient at the time of completion of your care of the patient, as well as final diagnosis
  - g. **Discussion**

This is the most important section of the case report and will be reviewed closely. Each case must include discussion of the case, demonstrating to the Board the applicant's thought process was in the evaluation, diagnosis and treatment of the patient, show understanding of the pathophysiology of the patient's problem, and provide rationale to explain the patient's final disposition.
6. Case reports should only include information on the care and services provided by the applicant. At the point where a patient's care is transferred to another physician or facility, the applicant's case presentation is complete.
7. The applicant must sign the final page of each submitted case.
8. Case reports must be typed or computer-generated, double-spaced, on standard 8.5" x 11" white paper. A photocopy of the original cases may be submitted for the second set.

9. Case reports should be compiled and presented in an organized manner. A hard or mutli-ring binder may be used but soft-sided report covers may be easier to mail. Case reports should not be stapled or clipped together.

**Please note** that case reports are not copies of dictated Emergency Department summaries from the chart, but are specifically prepared documents for the application packet. ABPS cannot accept case reports that include any information that would violate HIPPA standards including, but not limited to, patient name, record numbers, or any personally identifiable information.

Case reports must be properly compiled per these instructions. Case reports not presented in accordance with the description provided by the BCEM will be returned.

The Board reserves the right to seek additional details for any case it deems necessary. Board certified practicing Emergency Physicians carefully scrutinize these cases as part of the review process. Every attempt at accuracy and clarity should be made.

# INDEX AND VERIFICATION FORM

<u>Case#</u>	<u>Patient#</u>	<u>Date of Service</u>	<u>Diagnosis</u>	<u>Page#</u>
1	1			
2	2			
3	3			
4	4			
5	5			
6	6			
7	7			
8	8			
9	9			
10	10			

The above listed patient numbers were performed by Doctor \_\_\_\_\_  
at this facility.

\_\_\_\_\_  
Name of Hospital Administrator (PLEASE PRINT)

\_\_\_\_\_  
Hospital Administrator Signature

\_\_\_\_\_  
Title

\_\_\_\_\_  
Date

\_\_\_\_\_  
Notary Public Signature

\_\_\_\_\_  
Commission Expires

\_\_\_\_\_  
Notary Seal

# **BCEM Sample Case #1 – Abdominal pain, High-grade Ureteral Obstruction vs. Renal Vein Thrombosis**

**Patient:** #1

**Date of ED Service:** 02/14/1998

**Age:** 15 year-old male

**Admitting Complaint:** Abdominal pain

**Discharge Diagnosis:** Abdominal pain, high-grade ureteral obstruction vs. renal vein thrombosis

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## **HISTORY**

Patient is a 15 year-old Native American teenager who arrives at the Emergency Department at 2:54 A.M. with his parents via private automobile. Approximately 30 minutes prior to admission, the patient was awakened by severe pain in his left, lower abdomen. It radiates to his left thigh. He feels better when he curls up in a ball. The pain was worse driving over bumps while riding in the automobile on the way to the Emergency Department. He feels like he has to have a bowel movement. His last bowel movement was two days ago and was normal. There is no pain in his scrotum. He denies history of similar pain and the pain is currently severe. He denies anorexia, unusual thirst, nausea, vomiting, diarrhea, flank pain, painful or difficult urination, increased urinary frequency, fever, chills, cough, rhinorrhea, and sore throat. He takes no medication and has no history of abdominal or genitourinary problems. He attends high school and lives with his parents in Fruitland.

## **PHYSICAL EXAMINATION**

- **General:** Obese, uncomfortable-appearing Native American teenager lying still on a gurney.
- **Vital:** Temperature 98.6°F, Pulse 86/ minute, Blood pressure 160/78 mmHg, Respiration 20/min.
- **HEENT:** Pupils equal, round, and reactive to light. Oropharynx is moist and without erythema. Neck is supple without adenopathy. Tympanic membranes normal.

- Heart: Regular rate and rhythm with murmurs, gallops, or rubs.
- Lungs: Clear to auscultation, without accessory muscle use.
- Trunk: No costovertebral angle tenderness. Thoracic and lumbar spine non-tender to percussion. No spasm of paraspinous musculature.
- Abdomen: Normoactive bowel sounds, soft, mild tenderness in the left, lower abdomen without guarding or rebound. No masses palpable. Negative bed shake and heel tap. Negative psoas and internal obturator signs.
- Groin: Mild tenderness of left inguinal area. No bulge in either inguinal canal in either lying or standing position with cough.
- Genital: Penis uncircumcised, glands normal, urethral meatus normal. Testicles are normal size, hang vertically in scrotum without elevation, and non-tender. Epididymis is posterior and non-tender. Scrotum without edema or erythema.
- Rectal: Normal sphincter tone. Prostate firm and non-tender. No perirectal tenderness or masses. No urethral discharge with prostate massage. Small amount of brown guaiac negative stool present.
- Skin: Warm and dry without rash.
- Psychiatric: Alert and oriented. Affect normal.

### **INITIAL IMPRESSION**

- Severe abdominal pain out of proportion to abdominal examination
- Rule-out ureterolithiasis
- Rule-out testicular torsion
- Rule-out volvulus
- Rule-out cystitis
- Rule-out renal vein thrombosis, unlikely without dehydration, hypercoagulability, or evidence of nephritic syndrome.
- Rule-out mesenteric ischemia, unlikely without vascular disease, hypercoagulability, or artificial heart valves.
- Rule-out diverticulitis, unlikely in this age group

- No evidence of prostatitis

## **LABORATORY**

- Complete blood count: White blood cell count of 11,400/mm<sup>3</sup> with neutrophils 60%, lymphocytes 30%, and monocytes 7%.
- Flat x-ray of abdomen: Normal
- Urinalysis: Yellow, hazy, specific gravity 1.015, pH 7, glucose negative, ketone negative, protein negative, blood 4+, white blood cell 0-2 per high field, red blood cell 50-100 per high-power field.
- Intravenous pyelogram: Right system normal. Left kidney shows immediate uptake of dye, but no flow. Left kidney slightly larger than right. No left ureteral flow seen after several hours.

## **CLINICAL COURSE**

After hematuria was documented, patient was treated with two liters of intravenous saline 0.9%.

Intravenous promethazine 25 mg was given and meperidine was titrated to pain. Emesis occurred despite the promethazine dose, but resolved after intravenous lorazepam 1 mg was administered. Serial abdominal examinations were performed without any change noted. An intravenous pyelogram was performed with results as above. His case was discussed with the urologist on-call and the patient was admitted to his service for Doppler ultrasound of his kidneys and further management.

## **FINAL IMPRESSION**

- Abdominal pain
- Hematuria
- High-grade proximal ureteral obstruction versus renal vein thrombosis, left side

## **CASE DISCUSSION**

The correct interpretation of acute abdominal pain can be challenging, yet it is essential. Failure to diagnose an urgent or emergent condition may lead to catastrophic results.

With this patient's short 30-minute history of pain, it is difficult to characterize if the pain may be colicky or intermittent. Such intermittent pain would be typical of an obstructed hollow

viscous. Severe abdominal pain, with only mild tenderness and no guarding, implies a visceral source without somatic irritation. Infectious disease like diverticulitis and appendicitis will eventually produce peritoneal somatic irritation, but that may not be present during the first hour of symptoms. Left-sided appendicitis can occur, yet it is exceedingly rare for such anatomic variation to occur. The produce of appendicitis is visceral rather than somatic, though it is often mild during the prodrome phase that typically lasts 4 to 6 hours.

Testicular torsion is a true emergency requiring immediate treatment to salvage a viable testis. It may be sudden, severe, and be felt in the lower abdomen. It may take a few hours for testicular edema, scrotal edema, and scrotal erythema to occur.

After the patient's urinalysis demonstrated microscopic hematuria, the genitourinary system was implicated a likely source for this patient's pain. A supine x-ray of the abdomen was initially ordered to rule-out fecal impaction or evidence of bowel obstruction. Additionally, ureteral calcifications are sometimes visible on a plain x-ray, and calcifications within the cortex and pelvis of the kidney is typically visible. This film was normal and an intravenous pyelogram was ordered. It showed rapid uptake in both kidneys demonstrating the patency of the arterial supply. However, the lack of any flow over 2 hours in the left ureter suggested either a very high-grade obstruction or a thrombosis of the left renal vein. Though the patient did not have any risk factors for renal vein thrombosis, a Doppler ultrasound was ordered to evaluate the renal vein.

The patient's case discussed with the urologist on-call. He agrees to admit the patient. The renal ultrasound was ordered to be performed as an inpatient.

**FOLLOW UP AFTER DISCHARGE**

The ultrasound showed normal arterial and venous flow to both kidneys. A supine abdominal x-ray at 12 hours post contrast injection showed a 2-3 mm calcification in the left mid-ureter and the start of some ureteral flow.

Applicant's Signature: \_\_\_\_\_

## **BCEM Sample Case #2 – Nephrolithiasis**

**Patient:** #1

**Date of ED Service:** 8/13/1998

**Age:** 24

**Admitting Complaint:** Chills and Back Pain

**Discharge Diagnosis:** Nephrolithiasis

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### **IDENTIFYING DATE**

This is a 24 year-old male.

### **CHIEF COMPLAINT**

Chills and back pain.

### **HISTORY OF THE PRESENT ILLNESS**

This 24 year-old male is an out-of-town visitor from Madrid, Spain. He was seen in this Emergency Department approximately 36 hours prior to admission, at that time complaining of Dysuria. A urinalysis was performed at that time and was unremarkable, and following a Negative physical examination with nothing further found, the diagnosis of nonspecific urethritis was made and the patient was treated with 1 gram of azithromycin p.o. and discharged.

The patient states that the pain initially subsided. However, late this afternoon he developed left-sided costovertebral angle and flank pain, associated with nausea and vomiting. The patient was unsure as to the development of fever, but he did have chills and sweats. At this time he denies dysuria and complains predominantly of pain to the posterior back and flank. He states that there is some radiation of pain anteriorly. However, he does not localize that pain well. He denies hematuria or penile discharge. He states he still has some pain, which he experiences right at the tip of his penis. He states that there was no blood in his vomitus. He denies history of alcohol intake or of peptic ulcer disease. He states that his diet has been changes as a result of his travels, but he denies diarrhea or abdominal pain.

## **PAST MEDICAL HISTORY**

Positive only for left shoulder surgery approximately six years prior to admission.

## **REVIEW OF SYSTEMS**

Entirely negative otherwise.

## **PERSONAL & SOCIAL HISTORY**

The patient lives in Madrid. He is a student. He is traveling with his family, who are here on business.

## **PHYSICAL EXAMINATION**

- **VITAL SIGNS:** The patient is afebrile with a temperature of 98.5. His blood pressure is 132/82. His pulse is 93 and the respiratory rate is 20.
- **SKIN:** Color is good. The skin is dry; there is no diaphoresis at this time.
- **BACK:** Positive CVA tenderness on the left, both to punch and even to palpation.
- **ABDOMEN:** Scattered bowel sounds, but is otherwise soft and non-tender. There is no hepatosplenomegaly, rebound or guarding. No masses.
- **GENITALIA:** Normal uncircumcised male, without penile lesions. The testes are bilaterally descended and non-tender. There is no blood seen at the meatus, and there is no urethral discharge noted.

## **LABORATORY**

WBC count is 11.1, HGB 15.3, HCT 45.9. Chemistries revealed sodium of 138, potassium 3.5, chloride 95, CO<sub>2</sub> 28, BUN 22, creatinine 1.6, glucose 144. The urine was reported by the nurse who accepted the specimen from the patient as being very cloudy and foul-smelling. However, the results subsequently returned from the lab as showing a negative dipstick, including negative for nitrates and leukocyte esterase and blood, pH of 8.0 with a specific gravity of 1.015. The microscopic examination was negative for WBC's but did show 0-2 RBC's per high powered field, and 4+ amorphous urates.

## **EMERGENCY DEPARTMENT COURSE**

The patient was initially ambulatory into the Emergency Department complaining of pain, but did not appear to be in acute distress. Subsequently, however, he did develop more pain along with pallor and diaphoresis. At that point she was medicated with Demerol, a total of 50 mg. IV push and droperidol 2.5 mg. IV push, with good results. Given the setting of recent dysuria, chills and sweats, CVA tenderness, foul-smelling and cloudy urine, a presumptive diagnosis of pyelonephritis was made. The patient was treated with 1 gm. Of ceftriaxone IV piggyback. This was done despite the rarity of pyelonephritis in young males without known GU anomalies or indwelling catheters.

Subsequently, the peripheral WBC returned as normal, and the UA results as above. At that point, the chem.-7 was added on in preparation for a further study. When the BUN and creatinine returned, an intravenous pyelogram was obtained.

The patient had informed consent and was injected with 75 cc's of nonionic contrast material by me, after a scout film was obtained. He tolerated the procedure well. Findings (as read by me) included a normal uptake of dye with appropriate spillage into the collecting system in the right. However, the patient was in the Emergency Department for 4-5 hours until the dye first manifested in the renal pelvis on the left, with only a nephrogram having been observed initially.

In the ensuing several hours, the patient subsequently developed a dye column, which clearly revealed a high grade obstruction at the ureterovesicualr junction on the left, with approximately a 4.5 to 5.0 mm. Radiopaque density, felt to probably be a stone, noted to be obstructing flow.

The patient required subsequent re medication for pain, and was given additional IV push

droperidol and Dilaudid 1 mg. with good symptomatic relief.

Because of the high-grade obstruction, and the fact that the patient was from out-of-town and would not be able to undergo follow-up in a timely fashion with his own physician-and because this was the second EF visit for this problem-it was felt prudent to obtain urology consultation in the Emergency Department.

Dr. X, the panel urologist, kindly consulted to the Emergency Department, evaluated the patient and concurred with the diagnosis and treatment rendered until then. He felt this was a “passable” stone. Accordingly, the patient is discharged at his direction.

#### **ASSESSMENT**

Ureteral colic, nephrolithiasis, and high-grade obstruction, left kidney.

#### **PLAN**

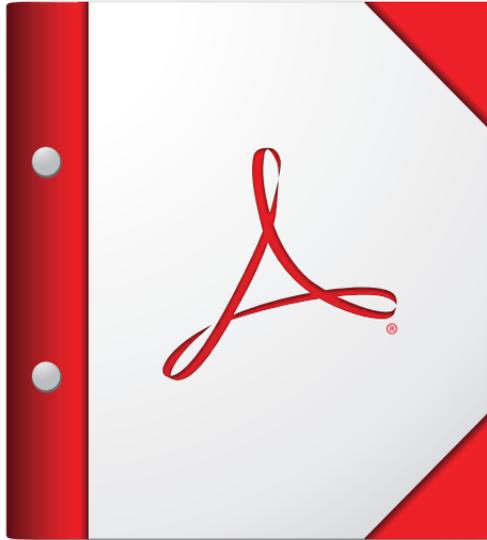
The patient has been a dispensed urine strainer. He has been given a prescription for analgesics by Dr. Q. A follow-up appointment has been made for him in Dr. V’s office on Monday 8/10/98 at 2 P.M. He has been advised to push fluids, strain his urine, and take the analgesics PRN. He is further advised to return to the ED or to contact Dr. V sooner should he develop a fever, intractable pain or vomiting.

#### **CASE DISCUSSION**

This case illustrates several issues, the first being the necessary observation that not all dysuria in a young male should lead one to the diagnosis of an STD. The second is the illustration of how

something so common-amorphous urates-can lead one to jump to the conclusion that the “cloudy urine” represents an infection in the urinary tract (albeit there is the possibility of an infection behind an obstructing stone). Once the minimal cellular findings on the urinalysis returned, however, (0-2 RBC’s), the proper diagnostic procedure was performed and the diagnosis was established. Interestingly, the lab in our hospital reports out a creatinine of >1.5 as being abnormally high, probably a reflection of the elderly population we generally admit. The x-ray technician initially was reluctant to do the IVP because of the “high” creatinine of 1.6 in this patient, who was in actuality a normal young man with a large muscle mass.

Applicant’s Signature: \_\_\_\_\_



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