

# Week 9

## Assignment: i-Human Case Study

65-year-old Caucasian woman, presents to the office with the chief complaint of severe lower back pain. The pain began two days ago when she was rearranging a heavy table. She describes the pain as continuous and sharp, rating it a 7/10. Nothing alleviates the pain but worsens with movement which has since radiated to her right leg. The pt has not taken any medication for it. Due to the pain, she has difficulty walking, sleeping, and cannot work.

Upon physical examination, the patient was found to exhibit hyporeflexia: right patellar tendon. Positive for right SLR and contralateral SLR. RLE sensory, motor, and reflex deficits. Patient is likewise unable to bend at waist without significant pain.

The patient is diagnosed with HTN, asthma, and osteoporosis. Medical Hx includes TAHBSO. She has a 40-year history of smoking 1 pack of cigarettes a day and history of intermittent steroid use (for asthma exacerbation).

### **Primary Diagnosis and ICD-10 code:**

**-DISC HERNIATION (M51.26).** A herniated disc is a common cause of back pain. It is a condition during which a nucleus pulposus is displaced from intervertebral space in the spine (Amin, Andrade, & Neuman, 2017). In the patient's case, the onset of the pain, her history of osteoporosis, and reported symptoms, taken along with findings of positive straight leg raise (SLR) and positive contralateral SLR, all point to a herniated disc (Arts et al., 2019).

### **Differential Diagnoses:**

-Due to presenting symptoms of back pain, differential diagnoses for this condition may include Osteomyelitis, spinal stenosis, Spinal Abscess, Rheumatoid arthritis, and Nephrolithiasis (Amin et al., 2017). The expert chose spinal neoplasm and compression fracture which agree also with the symptoms presented by the patient.

### **Additional laboratory and diagnostic tests:**

-Because of the suspicion of disc herniation, an x-ray was requested since it is most inexpensive and could potentially show the problem-- this would also help rule out or confirm the differential diagnoses listed above.