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Diploma in Pharmacy 2nd Year
Pharmacotherapeutics
Experiment

To Prepare and Discuss notes on Subjective, Objective, Assessment and Plan for Iron Deficiency Anemia (real / hypothetical)

Aim:

To Prepare and Discuss notes on Subjective, Objective, Assessment and Plan for Iron Deficiency Anemia (real / hypothetical)

Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Sharma Rahul Kumar, “Practical Manual of Pharmacotherapeutics” Published by Nirali Prakashan, Page no 54 - 58

Theory :

1.Iron Deficiency Anemia

i) Case I

a. Subjective:

- **Name:** Ms XYZ
- **Age:** 42 yrs
- **Sex:** Female
- **Unit:** MED I
- **DOA:** 02/02/2003
- **Reason for Admission:** Chief complaint of increasing fatigue and dizziness for 2 weeks and mechanical fall at home on day of presentation.
- **Past Medical History:** history of extremely heavy menstrual periods: Since menarche at the age of 10 years when her periods

started, she has been having irregular menstruation, with periods occurring every 2-3 weeks.

- **Past Medication History:** Nil
- **Family History:** Nil
- **Allergies and Social History**: Nil

b. Objective:

- **Height:** 143 cm
- **Weight:** 45 kg
- **PR:** 69 bpm
- **Temperature:** 36.1°C
- **BP:** 107/47 mmHg
- **RS:** 17/min
- **Oxygen Saturation:** 100%

c. Assessment:

- **Complete Blood Report**

Laboratory	On Admission	Reference Range
WBC	5400/mm^3	4500-10000/mm^3
RBS	1.14M/mm^3	3.9-5.1M/mm^3
Hgb	1.4 g/dL	12.0-14.6 g/dL
Hct	5.8%	36.0-44.0%
MCV	<50.ofL	82.0-97.0 fL
RDW	21.9%	12-15%
Platelet	232000/ mm^3	160,000-360,000/mm^3
Retic pct	2.7%	0.6-2.4%
Abs retic	31 X 10^9/L	29-116×10^9/L
PT	17.6 seconds	11.8-14.4 seconds
INR	1.46	0.87-1.13
PTT	32.5 seconds	24.4-36.6 seconds
Ferritin	332 mg/dL	237-481 mg/dL
D-dimer	2.16 μg/dL	≤0.49 µg/ml
Alk Phos	150 U/L	35-104 U/L

AST	81 U/L	10-35 U/L
ALT	36 U/L	10-35 U/L
Protein total	5.6 g/dL	6-8 g/dL
Bili total	0.5 mg/dL	≤1.0 mg/dL
Bili direct	0.3 mg/dL	≤0.3 mg/dL
Iron	9 μg/dL	37-145 µg/dL
TIBC	441 μg/dL	250-430 µg/dL
Iron sat	2%	15-50%
Ferritin	4 ng/dL	12-263 ng/mL
Haptoglobin	168 mg/dL	30-200 mg/dL
LDH	206 U/L	135-225 U/L
Folate	12.8 ng/dL	≤4.6 ng/mL
Vitamin B12	1019 pg/dL	232-1245 pg/mL

- **Abdomen and pelvis computed tomography (CT) Scan:** Showed a 3.5-cm mass protruding into the endometrium, favored to represent an intracavitary submucosal leiomyoma.

d. Plan Treatment:

- Patient was transfused 5 units of packed red blood cells and received 2 g of intravenous iron dextran on day 1
- the patient was administered a medroxyprogesterone (150 mg) intramuscular injection on day 2.

ii) Case II

a) Subjective:

- **Name:** Ms ABC
- **Age:** 16 yrs
- **Sex:** Female
- **Unit:** MED I
- **DOA:** 2/02/2003
- **Reason for Admission:** Chief complaint of pain in upper front teeth region since a week.

- **Past Medical History:** history of improper digestion and generalized weakness
- **Past Medication History:** Nil
- **Family History:** Nil
- **Allergies and Social History:** Nil

b) Objective:

- **Height:** 5'0"
- **Weight:** 35 kg
- **BP:** 120/90 mmHg
- **PR:** 68 bpm
- **RS**: 24/min
- **Temperature:** 35.1°C
- **Oxygen Saturation:** 100%

c) Assessment:

- **Intraoral Examination:** Right posterior buccal mucosa and the lateral borders of the tongue had a yellowish hue with paleness in comparison to the right and left buccal mucosa. Loss of the filiform papillae on the tongue's dorsum there were darkly pigmented lips and angular cheilitis. Spoon-shaped nails and a pale lower palpebral conjunctiva were both visible.
- **Laboratory Investigations:**

PAKAMETERS [UNITS]	TEST VALUES	NORMAL VALUES
Hemoglobin[gm%]	3.4	11.5-16
Total RBC count[mil/mm3]	2.33	3.8-5.8
Total WBC count[/mm3]	5400	4000-11,000
Platelet count[lakh/mm3]	3.4	1.5-4
Packed cell volume[vol%]	17.6	3.6-4.6
Mean corpuscular volume[fi]	69.6	80-100
Mean corpuscular hemoglobin[pg]	13.4	27-32

RDW[%]	25.2	11-14.5
Erythrocye sedimentation ratio[mun/ht	20	0-20
Recticulocyte count[%]	1.2	0.5-2.5
Serum folic acid[ng//ml]	24	3-17
Serum iron mcg/dl]	11	50-190
Serum feritin[ng/ml]	1.5	7-140
Total iron binding capacity[meg/dl]	37.6	250-400
Electrophoresis HbF[%]	,1.00	,1.50
HbA1[%]	88.70	83.24-90.79
HbA2	2.00	1.5-3.5

d)Plan Management:

- In addition to repeated blood transfusions, the patient was instructed to take various vitamins, food products fortified with iron, and oral iron supplements. Her haemoglobin levels increased from 3.4 [before treatment] to 6.5 after two weeks.

Result :

Notes on subjective, objective, assessment and plan for Anemia (real/ hypothetical) disease conditions was prepared and discussed.