Allergy Use Case: A Reported Food Intolerance

DRAFT as of 4/16/12

Description:

Pt visits PCP re diarrhea. Also, pt has visit with RD scheduled the next day.The purpose of this case is to describe a patient telling a dietitian about a food intolerance that occurred during the past week.

Conditions:

* Patient had no previously documented food allergies or intolerances.

Exceptions: none

Preconditions:

* Hypertension
* During the prior week, patient visited her dentist with a chief compliant of a tooth ache. She was diagnosed with an abscess and given a Zythromax Z-Pack. After the first day, the patient experience nausea and diarrhea.
* “No known allergies or intolerances” documented in the medical record
* The patient is a 45 year old female.

Use Case Sequence Steps:

* The patient has completed a course of Zythromax to treat an abscessed tooth. She experienced nausea and diarrhea with the treatment.
* The Patient makes an appointment to visit with her primary care provide to address the continued nausea and diarrhea following the completion of the Zythromax treatment.
* The patient tells her primary care provider that her diarrhea seems to be exacerbated by milk and milk products.
* The primary care provider completes his evaluation determining that the patient may have become lactose intolerant do to iatrogenic changes to her gut flora.
* The primary care provider documents the potential new lactose intolerance in the medical record.
* The primary care provider refers the patient to the dietitian down the hall.
* The patient details her current intake history for the dietitian.
* The dietitian counsels the patient on following a lactose-free diet.
* The dietitian documents the care plan in the medical record.

Post Condition

* The patient is referred to a gastroenterologist for a lactose tolerance test.
* A follow-up visit is scheduled with both the primary care provider following the evaluation by the gastroenterologist.
* A follow-up visit is scheduled with the dietitian to evaluate the effectiveness of the lactose-free diet.

Players:

Patient: Eve Everywoman

Primary Care Provider: Harold Hippocrates

Dietitian: Connie Chow

Use Case Scenario:

Eve Everywoman is a 45 year old female with no known history of allergies or intolerances to medications or food. She started to experience a pain in her lower jaw when drinking cold beverages and that pain increased sending her to the dentist. An x-ray revealed an abscess required antibiotic therapy prior to performing a root canal. After beginning a three day course of Zythromax, Eve began to feel nauseous and had multiple episodes of diarrhea. After finishing the Zythromax, these symptoms continued. Eve then scheduled an appointment with her primary care provider Harold Hippocrates.

Harold Hippocrates documents the following:

Chief Complaint – nausea and diarrhea

Medical History – patient is hypertensive, and has a history of heart burn. Eve Everywoman states she has had nausea and diarrhea since taking the Zythromax, and her symptoms seem to be worse after meals, particularly when she drinks milk or eats milk-related products such as soft cheese.

Medications – completed three day course of Zythromax. Takes beta-blocker and diuretic each day. Takes a multi-vitamin daily.

Physical Examination – well nourished female with normal exam except noted bowel sounds. Patient has lost 4 pounds since her last check-up six months ago.

Diagnosis – potential lactose intolerance secondary to antibiotic use.

Plan –Refer to gastroenterologist for lactose tolerance test.

Harold Hippocrates documents a new presumed lactose intolerance in the medical record.

The next day The patient then visits with Connie Chow the dietitian for a f/u hypertension. Connie takes a diet history documenting Eve’s diet prior to the onset of the current episode of diarrhea and nausea, as well as the foods that Eve now associates with her current symptoms. Connie instructs Eve on a low lactose diet (lactose free milk and Lact-Aid tablets) and asks Eve to call her in 72 hours to report on the status of her symptoms.

Two months later:

Visits R.D – following low-lactose diet and no longer has GI symptoms. Is counseled to slowly add back milk products to determine if she remains lactose intolerant or if this was an episodic condition.

Three months later:

Now drinking 8 oz of milk per day with no problems.

Fructose/Red Dye/Yellow

Fructose Intolerance – breath test. Pain with fructose.

Gluten Intolerance vs. Gluten Free Preference

Perception re treatment.