

Clinical Reasoning Scenario 3

Referral

Anna is a 40 year old female with diffuse muscle aching in her legs. She doesn't take any prescribed medication.

Further Subjective Information

Anna has had diffuse muscle aching in her legs for approximately 6 months. There was no triggering onset and no change in habits prior. More recently over the last 4-6 weeks she has felt very tired all of the time. She reports sleeping well but never feels refreshed.

The muscle aching does not appear to be related to anything she does, and remains at a similar intensity whether she is busy or resting. It does not impact on her function but she is feeling down about its relentless nature. The fatigue is more of an issue as she finds it difficult to concentrate at work and doesn't feel like she wants to engage in her hobbies.

She has not had any previous injuries. Over the last 6 months she has had very occasional hand and foot pains which have been a similar type of aching, but resolve after 6 hours or by the next day.

24 hour pattern

She thinks the aching may be slightly worse in the mornings but not significantly. She does not struggle to sleep and is not woken at all by the symptoms.

She remains tired when she wakes up regardless of the number of hours she has slept for.

Past Medical History

Anna does not report any other medical issues with regards to her heart, thyroid, neurological issues, asthma or diabetes. She has not been unwell over the last year, denies any sexually transmitted infections and has never taken steroids. She denies any anxiety or depression.

Anna reports very dry eyes. She uses false tears regularly through the day and also has a very dry mouth. She denies any change in vaginal dryness. She carries a bottle of water everywhere with her and drinks from it regularly during the appointment.

Her mother has Rheumatoid Arthritis. There is no other family history of inflammatory conditions.

Social Factors

Anna is an accountant and works at a desk. She usually enjoys playing regular tennis but has not been doing this recently due to the worsening fatigue.

Anna does not smoke or drink alcohol. Her BMI is 24.

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Clinical Reasoning Activity

*From the case presentation note down your differential
Diagnosis and the indicators that Anna has:*
