

WELCOME
TO
THE
CENTRAL SEMINAR

DEPARTMENT OF PSYCHIATRY

CASE PRESENTATION

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FIRST YEAR PG

PSYCHIATRY

- A 48 year old widow ,
- illiterate ,
- from rural background ,
- daily wage labourer
- was brought to Psychiatry OPD
- on 3 April 2014
- by her mother

Chief complaints

- Subjective complaints

tiredness

loss of interest

disturbed sleep

loss of appetite

suicidal ideation



6 months

- Objective complaints

frequent crying

not doing any work

disturbed sleep

decreased appetite



6 months

H/O present illness

- Husband died in road traffic accident 6 months back
- After 10 days, father died due to myocardial infraction
- Loss of interest in daily routine activities
- Prefers to sit alone
- Tiredness even after minimal work
- Disturbed sleep
- Decreased appetite
- Suicidal ideation
- Feeling of guilt

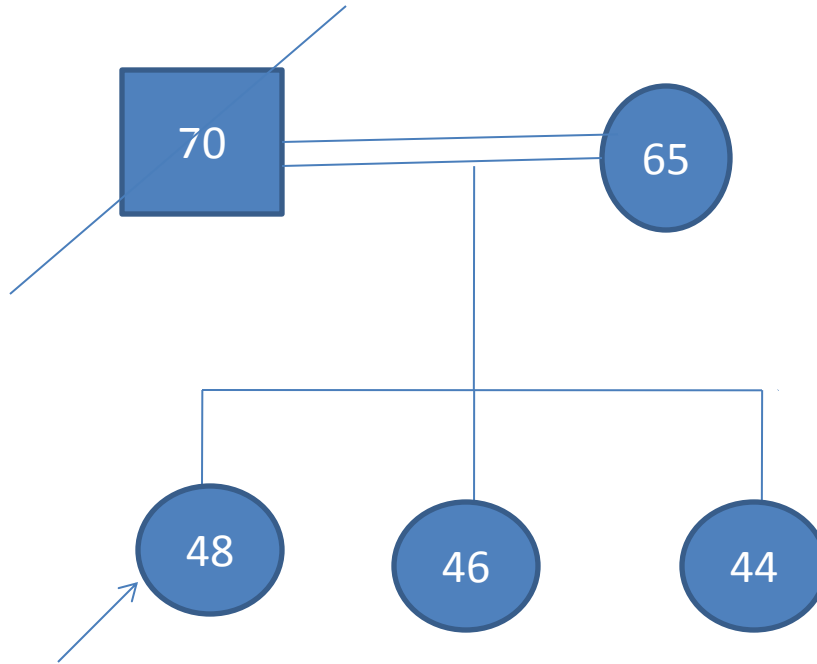
- Mother confirmed all the symptoms
- Crying spells
- No h/o laughing to self , talking to self
- No h/o substance abuse

PAST HISTORY

- No H/o Similar complaints in the past.
- No H/o Any psychiatric illness in the past.
- No H/o Any medical illness in the past.

- No H/o drug allergies.

FAMILY HISTORY

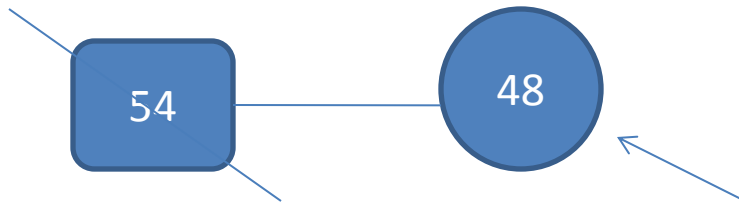


- No family history of psychiatric illness.
- No h/o suicidal acts in the family

PERSONAL HISTORY

- Full term normal delivery , home delivery .
- Attained all major milestones on time
- Never been to school
- Had a less number of friends
- Menarche – 13 years
- Regular 3-4/30

- Marriage 17 yrs



- No children

PREMORBID PERSONALITY

- She was shy by nature, had few friends ,God fearing, responsible and hard working .
- She had a relatively stable mood without any swings.
- Inter personal relationship good
- Family relationship good

GENERAL EXAMINATION

- Patient conscious, thin built & ill nourished.
- No pallor, icterus, cyanosis, clubbing, pedal edema lymphadenopathy.

Vitals

Pulse : 78/min

Blood pressure : 110/80 mm of Hg

Temperature : 98.6F

SYSTEMIC EXAMINATION

- CVS : NAD
- RS : NAD
- P/A : NAD
- CNS : No FND

Mental status examination

- General appearance , attitude and behavior

A 48 year old female looking appropriate to age ,
neatly dressed in a saree ,
sitting comfortably in a chair,
no abnormal mannerisms and gestures
crying spells present during the course of interview,
eye to eye contact present but not maintained ,
rapport could be established

Speech:

Slow

↓ volume and tone

Reaction time ↑

Relevant and coherent

Mood - depressed

Affect - flat

congruent to mood

Thought

- Progression – thought retardation +,
- Content - suicidal ideation +
somatic concern +
no delusion
- Possession- no thought alienation
no obsession
- Form - abstract thinking present
no formal thought disorders

PERCEPTION

No perceptual disturbances

OTHER COGNITIVE FUNCTIONS

- Oriented to time, place and person.
- Attention can be aroused ,
- Concentration not sustained.
- Memory –
 - immediate registration 2/5
 - recall 2/5
 - recent and remote memory intact.
- Intelligence-Appropriate to patient's social & educational background.
- Insight- present
- Judgement - present

Summary

- 48 year old widow came to OPD with c/o tiredness ,low mood, loss of interest decreased sleep and suicidal ideation since 6 months
- Psychosocial stressors +
- Feeling of guilt +
- Doesn't have any loss of reality.

PROVISIONAL DIAGNOSIS

SEVERE DEPRESSIVE EPISODE WITHOUT
PSYCHOTIC SYMPTOMS (ICD -10) (F32.2)

MAJOR DEPRESSIVE DISORDER (DSM- 5)

LAB INVESTIGATIONS

- Hb: 12 gm%
- TC : 8000/ cu mm
[N73, L23, M2, E2 ,B0]
- CUE : WNL
- RBS: 110 mg/dl
- Blood urea : 17mg %
- Serum creatinine: 0.9mg%
- Thyroid profile :normal

MANAGEMENT

1. MEDICATION

TAB ESCITALOPRAM 10 mg OD

TAB CLONAZEPAM 0.25 mg BD

2. PSYCHOTHERAPY

3. PSYCHOEDUCATION OF FAMILY MEMBERS

4. PATIENT WAS CALLED FOR REGULAR FOLLOW UP. .

- Review after 15 days
- Reported 25% improvement.
- Compliance good
- MSE
 - speech – spontaneous, RT – normal
 - mood – dull
 - affect- restricted and congruent to mood
 - somatic preoccupation +
- Treatment - Psychotherapy done
 - Tab Escitalopram 10 mg OD
 - Tab clonazepam 0.25 HS

- Second follow up
- Reported 50% improvement
- Good compliance
- MSE – normal
- Treatment – Psychotherapy done
Tab Escitalopram 10 mg OD

THANK YOU

