



78 YEAR OLD WOMAN
RASH ON BOTH LEGS

- 1) SUSPECTED DIAGNOSIS?
- 2) AREA OF LEG AFFECTED?
- 3) CAUSE OF BROWN DISCOLOURATION?
- 4) NAME OF TIGHT, HARD SKIN AND TISSUE?
- 5) NAME OF SMOOTH, PORCELAIN-WHITE SCAR TISSUE?
- 6) NON-MEDICAL TREATMENT?
RULE OUT BEFORE?

1) SUSPECTED DIAGNOSIS?

→ CHRONIC VENOUS INSUFFICIENCY

2) AREA OF LEG AFFECTED?

→ GAITER AREA

3) CAUSE OF BROWN DISCOLOURATION?

→ HAEMOSIDERIN STAINING

4) NAME OF TIGHT, HARD SKIN AND TISSUE?

→ LIPODERMATOSCLEROSIS

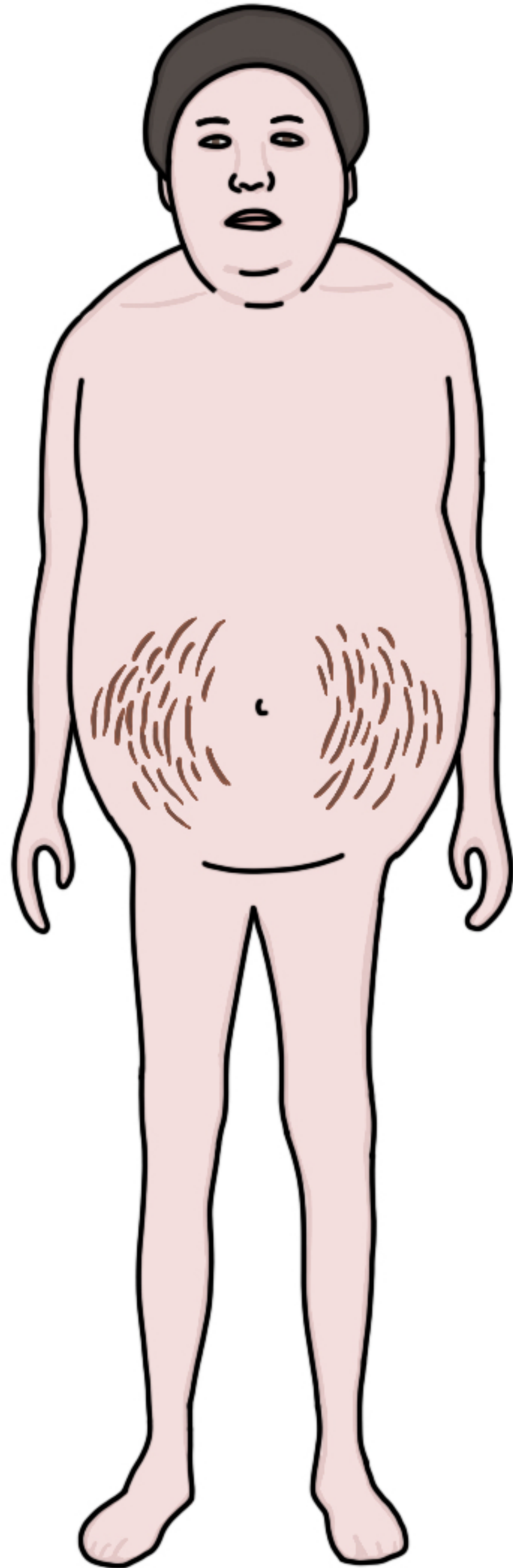
5) NAME OF SMOOTH, PORCELAIN-WHITE SCAR TISSUE?

→ ATROPHIE BLANCHE

6) NON-MEDICAL TREATMENT? RULE OUT BEFORE?

→ COMPRESSION STOCKINGS

→ PERIPHERAL ARTERIAL DISEASE



41 YEAR OLD WOMAN

CENTRAL WEIGHT GAIN, LIMB MUSCLE WASTING,
EASY BRUISING AND ABDOMINAL STRIAE

- 1) SUSPECTED DIAGNOSIS?
- 2) HORMONAL ABNORMALITY?
- 3) CAUSES? (4)
- 4) RESULTING CONDITIONS? (4)
- 5) DYNAMIC HORMONE TEST?

1) DIAGNOSIS?

→ CUSHING'S SYNDROME

2) HORMONAL ABNORMALITY?

→ EXCESS GLUCOCORTICOIDS (CORTISOL)

3) CAUSES? (CAPE)

→ C - CUSHING'S DISEASE (PITUITARY ADENOMA)

→ A - ADRENAL ADENOMA (ADRENAL TUMOUR)

→ P - PARANEOPLASTIC SYNDROME (ECTOPIC ACTH)

→ E - EXOGENOUS STEROIDS (LONG-TERM STEROIDS)

4) RESULTING CONDITIONS?

→ HYPERTENSION

→ TYPE 2 DIABETES

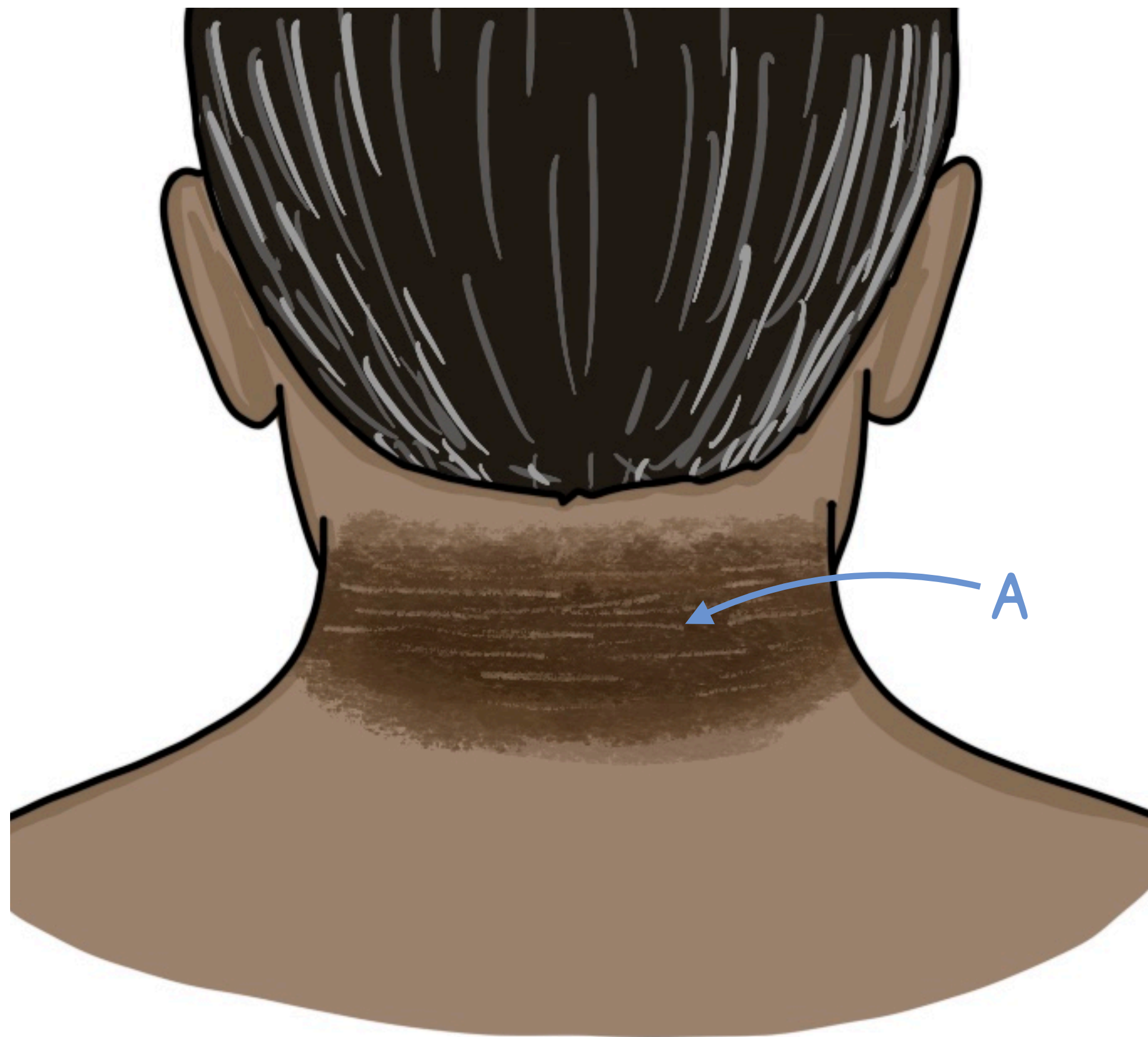
→ OSTEOPOROSIS

→ DEPRESSION

5) DYNAMIC HORMONE TEST?

→ DEXAMETHASONE SUPPRESSION TEST

64 YEAR OLD SOUTH ASIAN HGV DRIVER
FATIGUE, WEIGHT LOSS, POLYURIA AND POLYDIPSIA
HbA1c 96 mmol/mol



- 1) DIAGNOSIS?
- 2) SKIN CHANGE A?
- 3) HbA1c RANGE FOR DIAGNOSIS? (2)
- 4) FIRST-LINE DRUGS? (2)
- 5) EXTRA DRUG IF ATHEROSCLEROSIS?
- 6) TEST FOR CANCER IN THIS CASE?

1) DIAGNOSIS?

→ TYPE 2 DIABETES

2) SKIN CHANGE A?

→ ACANTHOSIS NIGRICANS

3) HbA1c RANGE FOR DIAGNOSIS?

→ 42-47: PRE-DIABETES

→ ≥ 48 : TYPE 2 DIABETES

4) FIRST-LINE DRUG?

→ METFORMIN

→ SGLT-2 INHIBITOR (E.G., DAPAGLIFLOZIN)

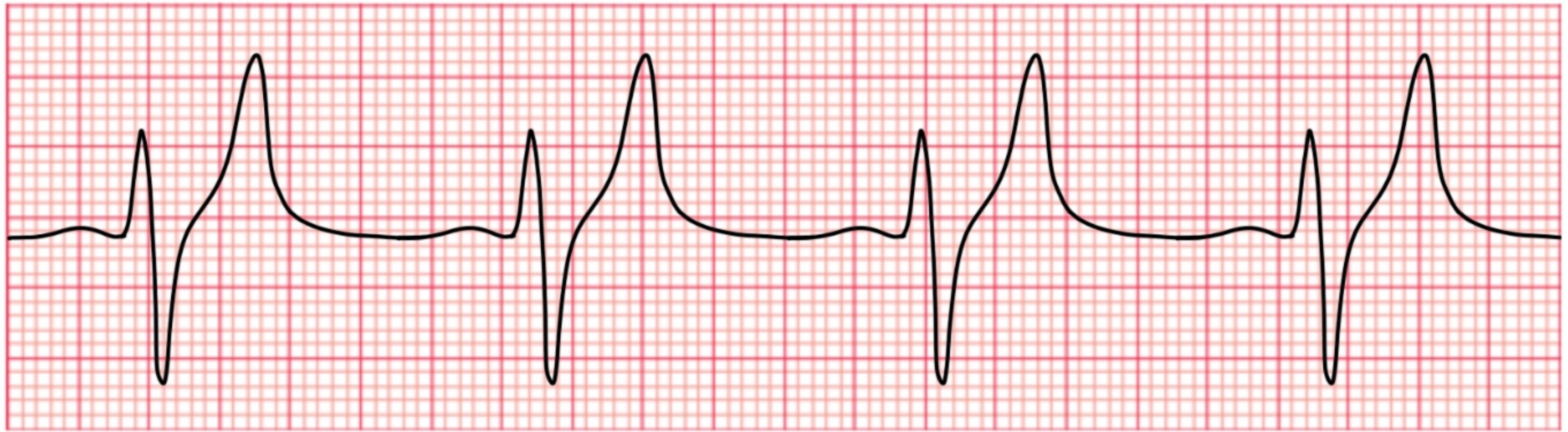
5) EXTRA DRUG IF ATHEROSCLEROSIS?

→ SEMAGLUTIDE

6) TEST FOR CANCER IN THIS CASE?

→ CT ABDOMEN FOR PANCREATIC CANCER

(AGE >60 + WEIGHT LOSS + NEW-ONSET DIABETES)



- 1) ELECTROLYTE ABNORMALITY?
- 2) COMMON MEDICATION CAUSES? (4)
- 3) COMMON CAUSE OF A FALSE RESULT?
- 4) ECG CHANGES? (3)
- 5) WHEN TO ADMIT URGENTLY?
- 6) HOSPITAL TREATMENT? (2)

1) ELECTROLYTE ABNORMALITY?

→ HYPERKALAEMIA

2) COMMON MEDICATION CAUSES?

→ ALDOSTERONE ANTAGONISTS

→ ACE INHIBITORS

→ ANGIOTENSIN II RECEPTOR BLOCKERS

→ NSAIDS

3) COMMON CAUSE OF A FALSE RESULT?

→ HAEMOLYSED BLOOD SAMPLE (PSEUDOHYPERKALAEMIA)

4) ECG CHANGES?

→ TALL T-WAVES

→ FLATTENED P-WAVES

→ WIDENED QRS

5) WHEN TO ADMISSION URGENTLY?

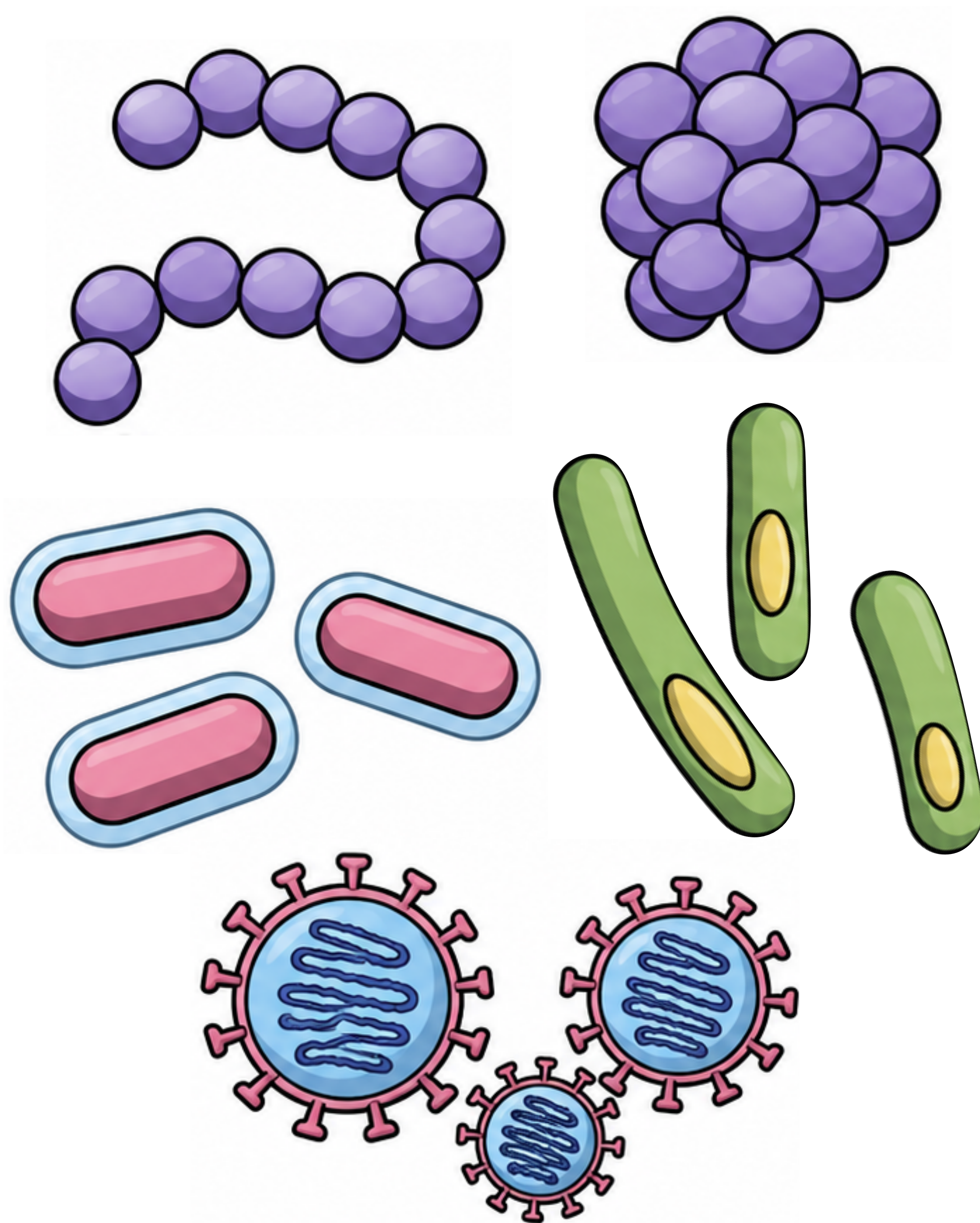
→ POTASSIUM ≥ 6.5 OR ECG CHANGES

6) HOSPITAL TREATMENT?

→ IV CALCIUM GLUCONATE (STABILISES MYOCARDIUM)

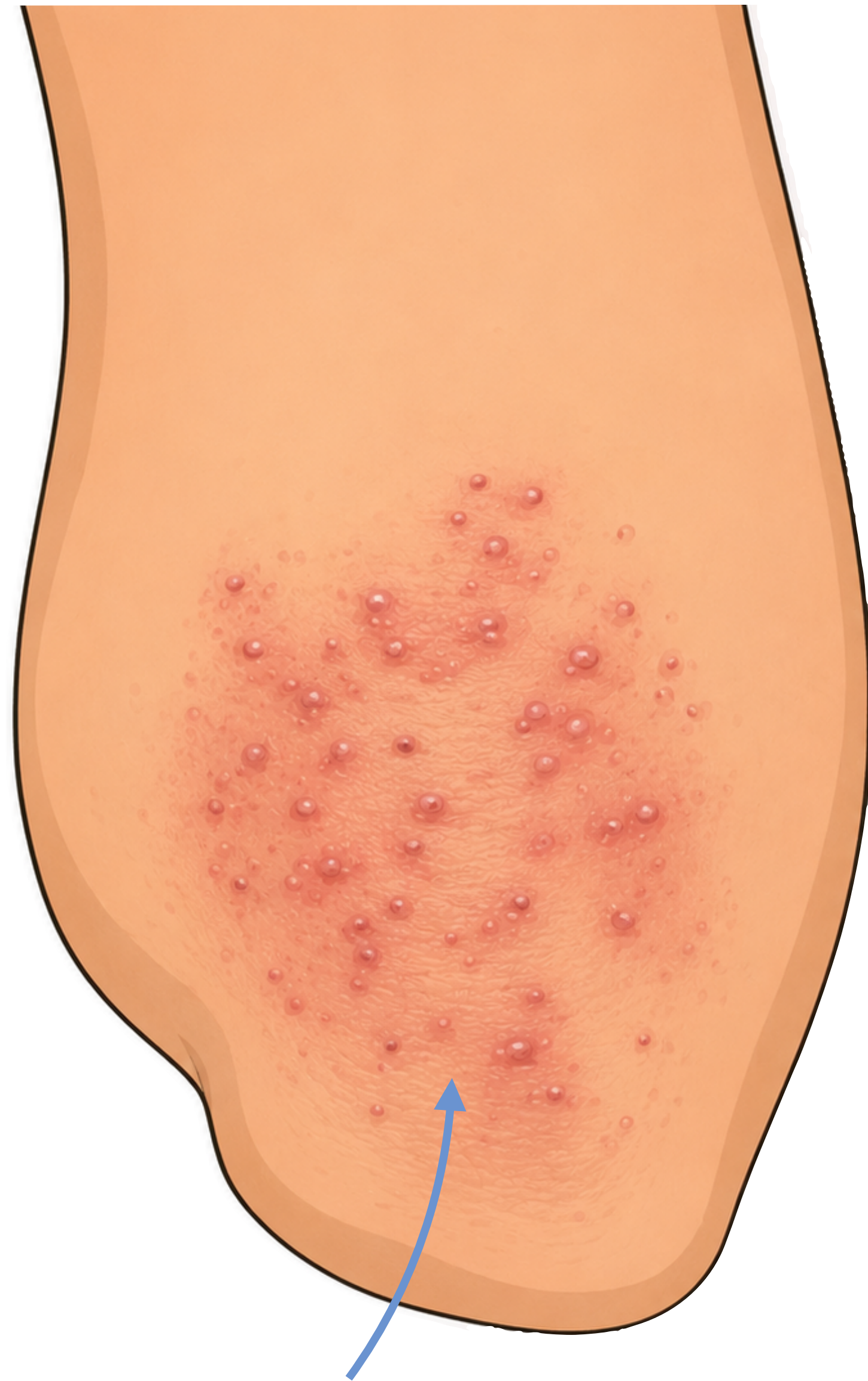
→ INSULIN WITH GLUCOSE (LOWERS POTASSIUM)

TYPICAL FIRST-LINE ORAL ANTIMICROBIAL (WHEN REQUIRED)?



- 1) LOWER UTI?
- 2) PYELONEPHRITIS?
- 3) PNEUMONIA?
- 4) CELLULITIS?
- 5) TONSILLITIS?
- 6) SINUSITIS?
- 7) OTITIS MEDIA?
- 8) ACUTE DIVERTICULITIS?
- 9) BACTERIAL VAGINOSIS?
- 10) NON-LACTATIONAL MASTITIS?
- 11) CLOSTRIDIODES DIFFICILE?
- 12) INFLUENZA VIRUS?

- 1) LOWER URINARY TRACT INFECTION? → NITROFURANTOIN
- 2) PYELONEPHRITIS? → CEFALEXIN
- 3) COMMUNITY ACQUIRED PNEUMONIA? → AMOXICILLIN
- 4) CELLULITIS? → FLUCLOXACILLIN
- 5) TONSILLITIS? → PHENOXYMETHYLPENICILLIN
- 6) SINUSITIS? → PHENOXYMETHYLPENICILLIN
- 7) OTITIS MEDIA? → AMOXICILLIN
- 8) ACUTE DIVERTICULITIS? → CO-AMOXICLAV
- 9) BACTERIAL VAGINOSIS? → METRONIDAZOLE
- 10) NON-LACTATIONAL MASTITIS? → CO-AMOXICLAV
- 11) CLOSTRIDIODES DIFFICILE? → VANCOMYCIN
- 12) INFLUENZA VIRUS? → OSELTAMIVIR



ITCHY RASH
ON ELBOWS

42 YEAR OLD WOMAN

LOOSE STOOLS, BLOATING,
FATIGUE AND MOUTH ULCERS

ITCHING BLISTERING SKIN RASH ON
KNEES AND ELBOWS

- 1) SUSPECTED DIAGNOSIS?
- 2) CAUSED BY EXPOSURE TO?
- 3) RASH?
- 4) ANTIBODIES? (2)
- 5) GOLD STANDARD TEST?
- 6) MANAGEMENT?

1) SUSPECTED DIAGNOSIS?

→ COELIAC DISEASE

2) CAUSED BY EXPOSURE TO?

→ GLUTEN

3) RASH?

→ DERMATITIS HERPETIFORMIS

4) ANTIBODIES?

→ ANTI-TISSUE TRANSGLUTAMINASE ANTIBODIES (ANTI-TTG)

→ ANTI-ENDOMYSIAL ANTIBODIES (ANTI-EMA)

5) GOLD STANDARD TEST?

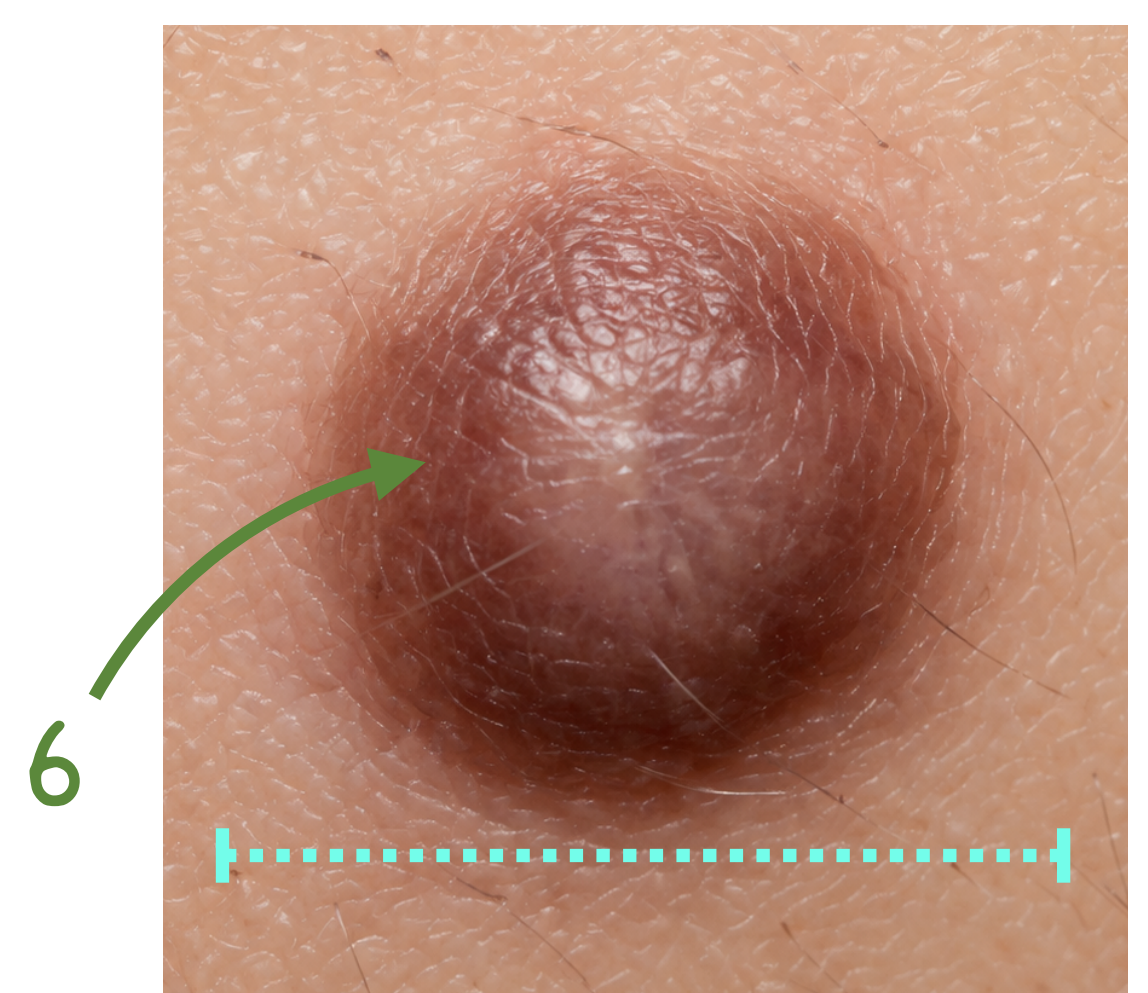
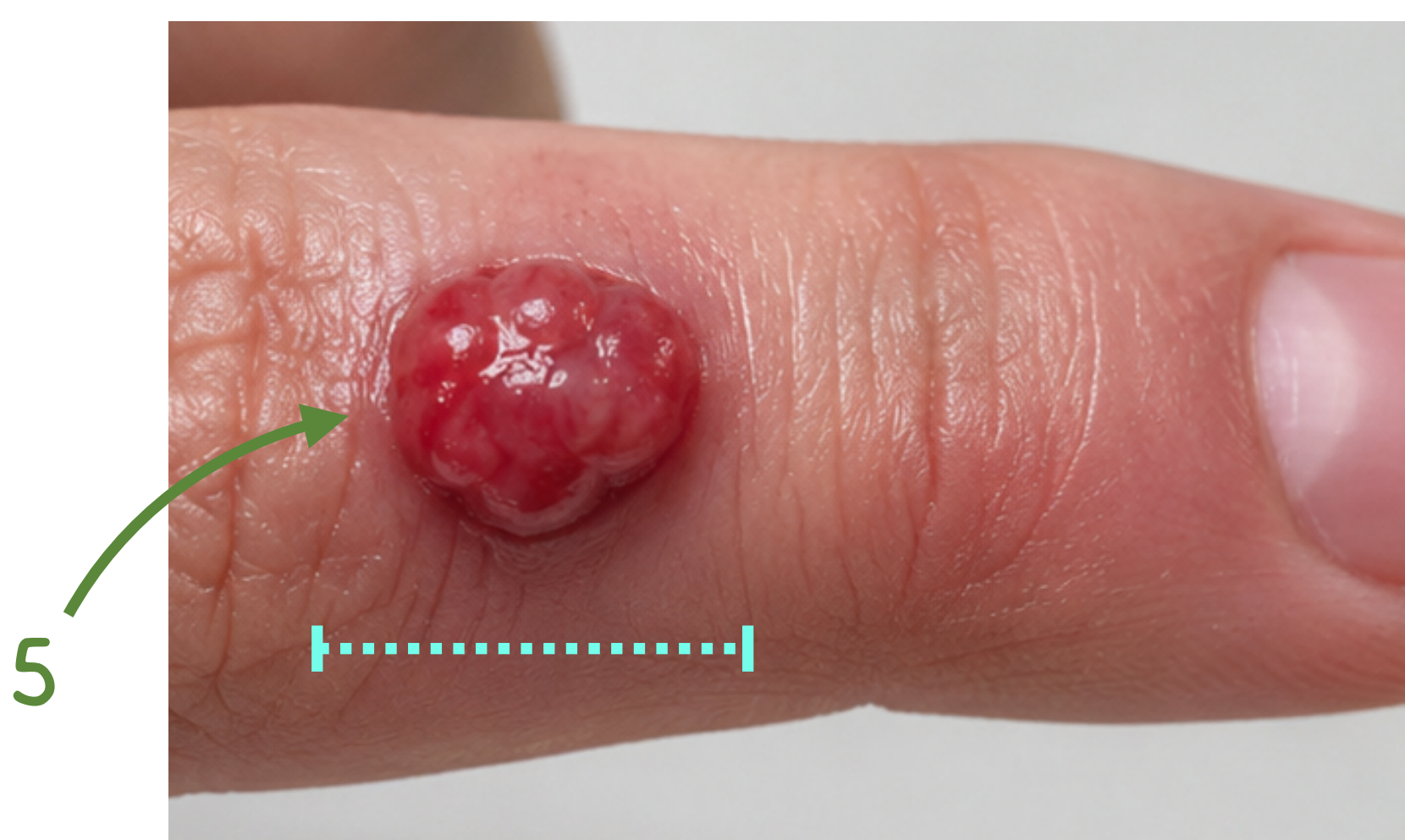
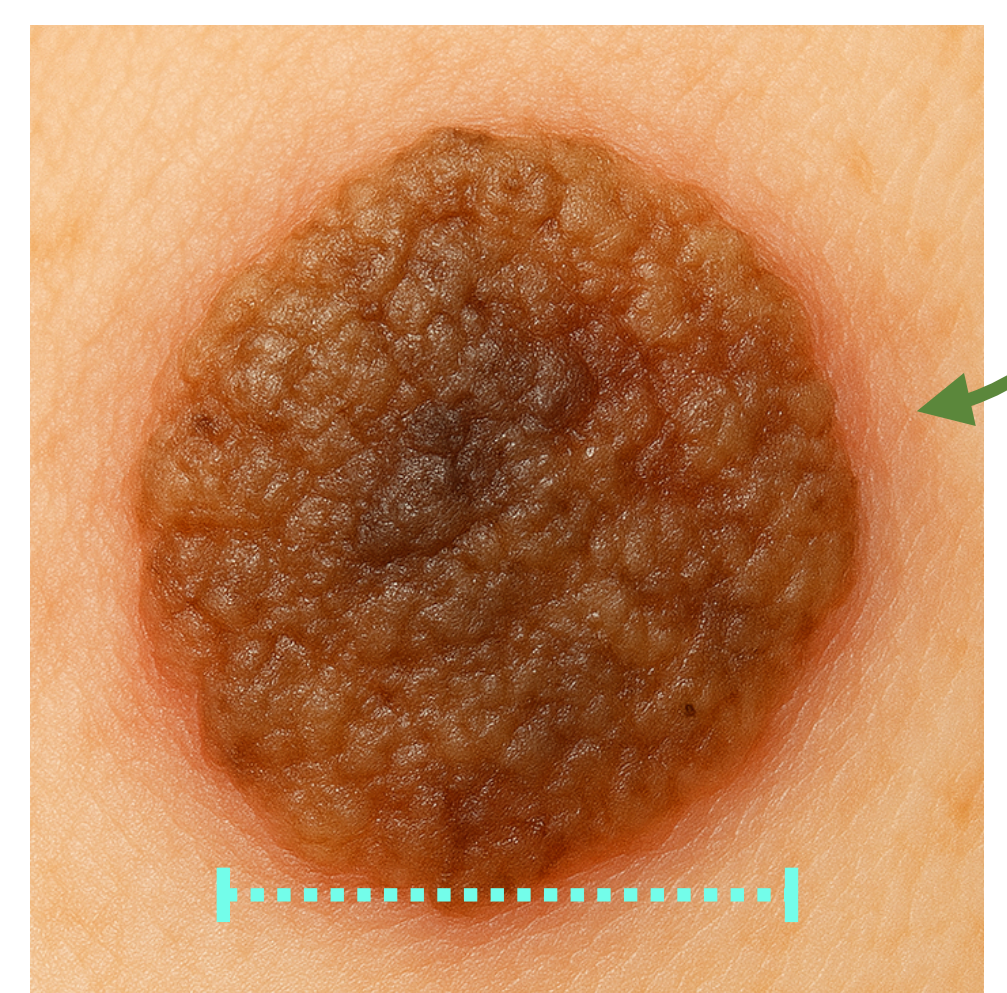
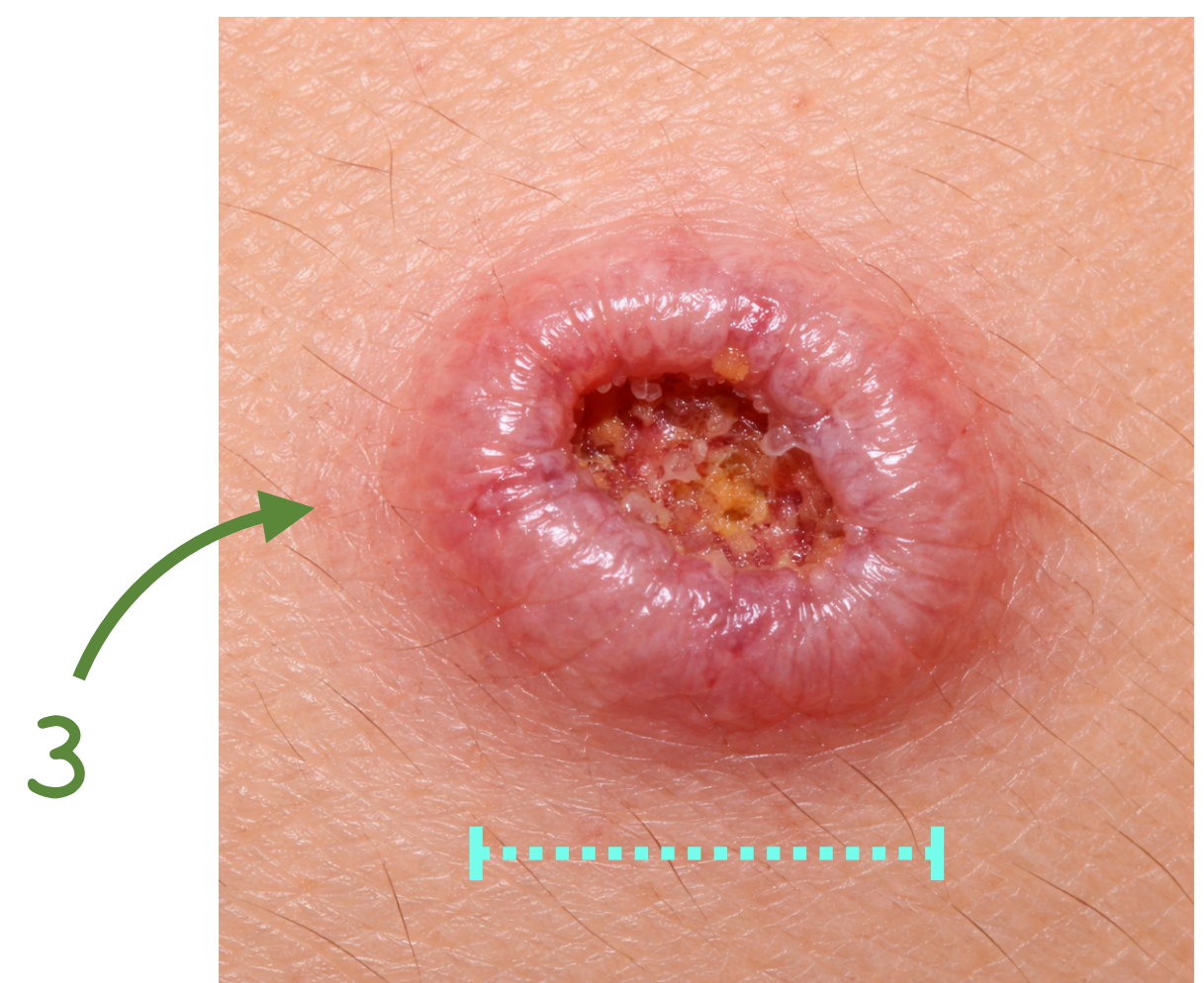
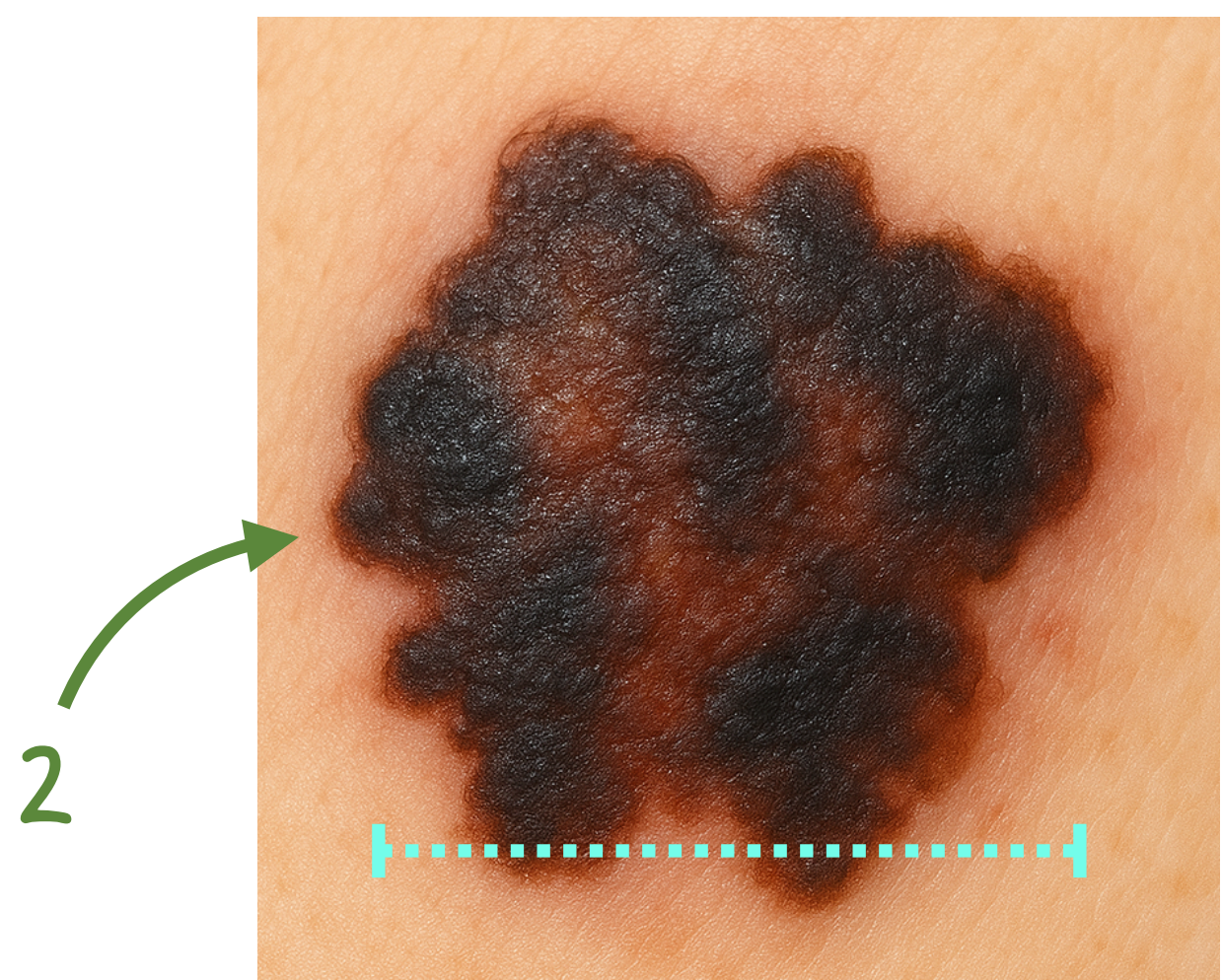
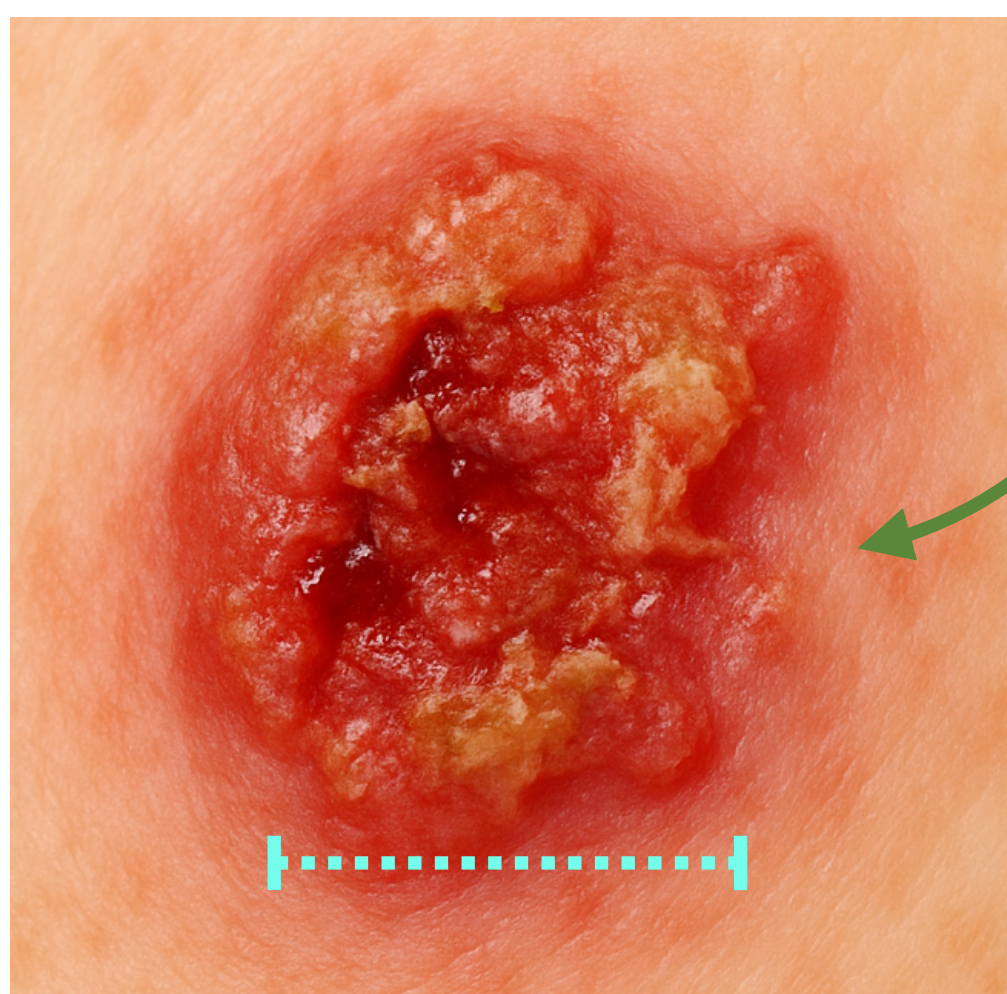
→ ENDOSCOPY AND DUODENAL BIOPSY

6) MANAGEMENT?

→ LIFELONG GLUTEN-FREE DIET

"CHECK MY SKIN LESION"

..... = 1 cm



1) SQUAMOUS CELL CARCINOMA

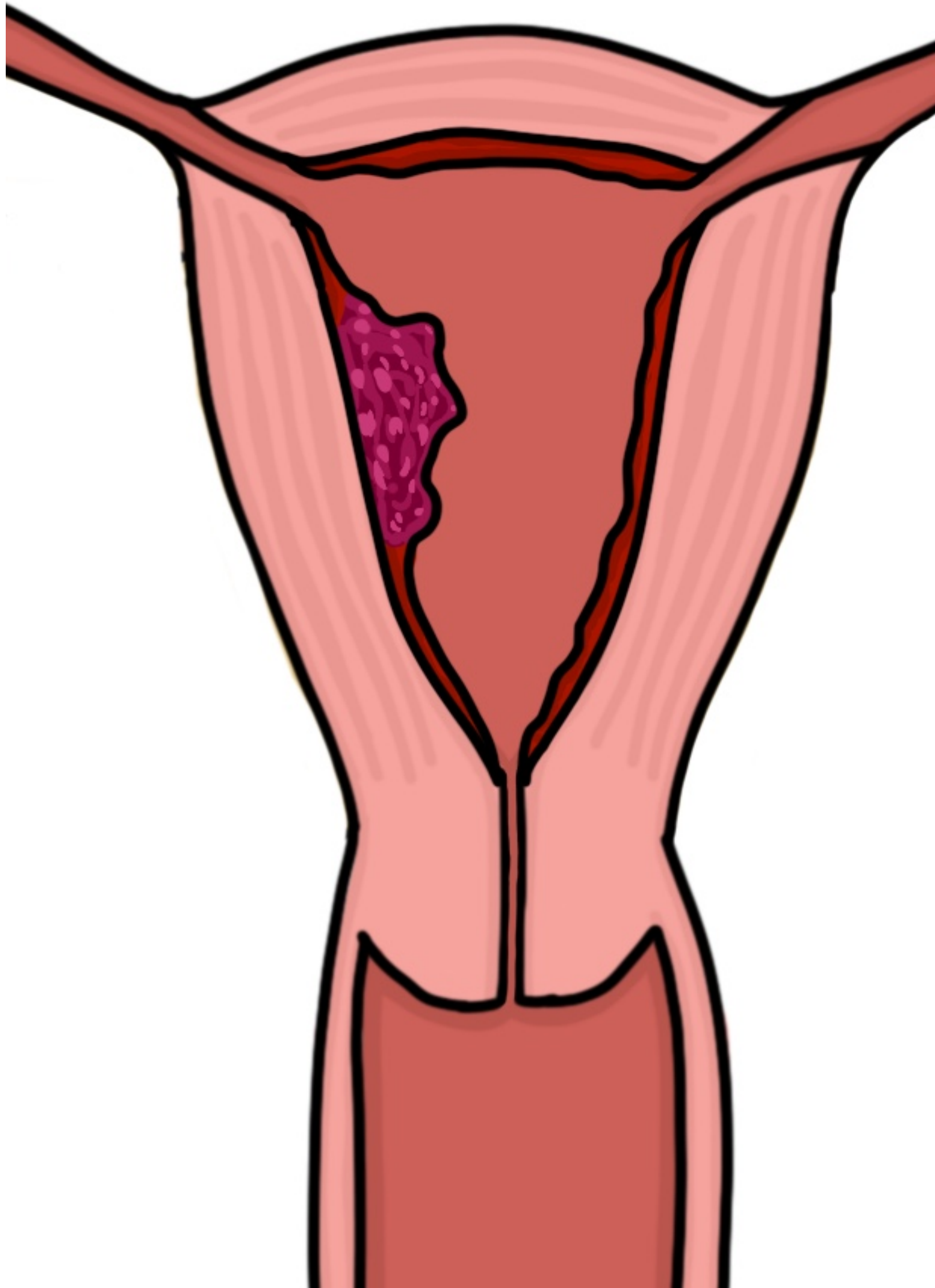
2) MALIGNANT MELANOMA

3) BASAL CELL CARCINOMA

4) SEBORRHOEIC KERATOSIS

5) PYOGENIC GRANULOMA

6) DERMATOFIBROMA



56 YEAR OLD WOMAN
LAST PERIOD 6 YEARS AGO
NEW VAGINAL BLEEDING

- 1) SUSPECTED DIAGNOSIS?
- 2) PRECANCEROUS CONDITION?
- 3) HORMONE EFFECT ON RISK? (2)
- 4) KEY DRUG THAT INCREASES RISK?
- 5) OTHER COMMON RISK FACTOR?
- 6) ENDOCRINE / METABOLIC CONDITION
RISK FACTORS? (2)
- 7) NEXT STEP IN THIS PATIENT?
- 8) INVESTIGATIONS? (3)

- 1) SUSPECTED DIAGNOSIS? → ENDOMETRIAL CANCER
- 2) PRECANCEROUS CONDITION? → ENDOMETRIAL HYPERPLASIA
- 3) HORMONE EFFECT ON RISK?
 - OESTROGEN INCREASES RISK
 - PROGESTERONE DECREASES RISK
- 4) KEY DRUG THAT INCREASES RISK? → TAMOXIFEN
- 5) OTHER COMMON RISK FACTOR? → OBESITY
- 6) ENDOCRINE / METABOLIC CONDITION RISK FACTORS?
 - POLYCYSTIC OVARY SYNDROME (PCOS)
 - TYPE 2 DIABETES
- 7) NEXT STEP IN THIS PATIENT? → 2WW REFERRAL
- 8) INVESTIGATIONS?
 - TRANSVAGINAL ULTRASOUND (NORMAL ENDOMETRIUM $\leq 4\text{MM}$)
 - PIPELLE BIOPSY
 - HYSTEROSCOPY

RASHES IN PREGNANCY



1) 1ST/2ND TRIMESTER, INFLAMED, RED, ITCHY SKIN ON LIMBS, NECK, AND FACE?



2) 3RD TRIMESTER, URTICARIAL PAPULES AND WHEELS ON ABDOMEN?



3) 2ND/3RD TRIMESTER, ITCHY, RED, RASH AROUND UMBILICUS, LATER FORMING BLISTERS?

1) 1ST/2ND TRIMESTER, INFLAMED, RED, ITCHY SKIN ON LIMBS, NECK, AND FACE?

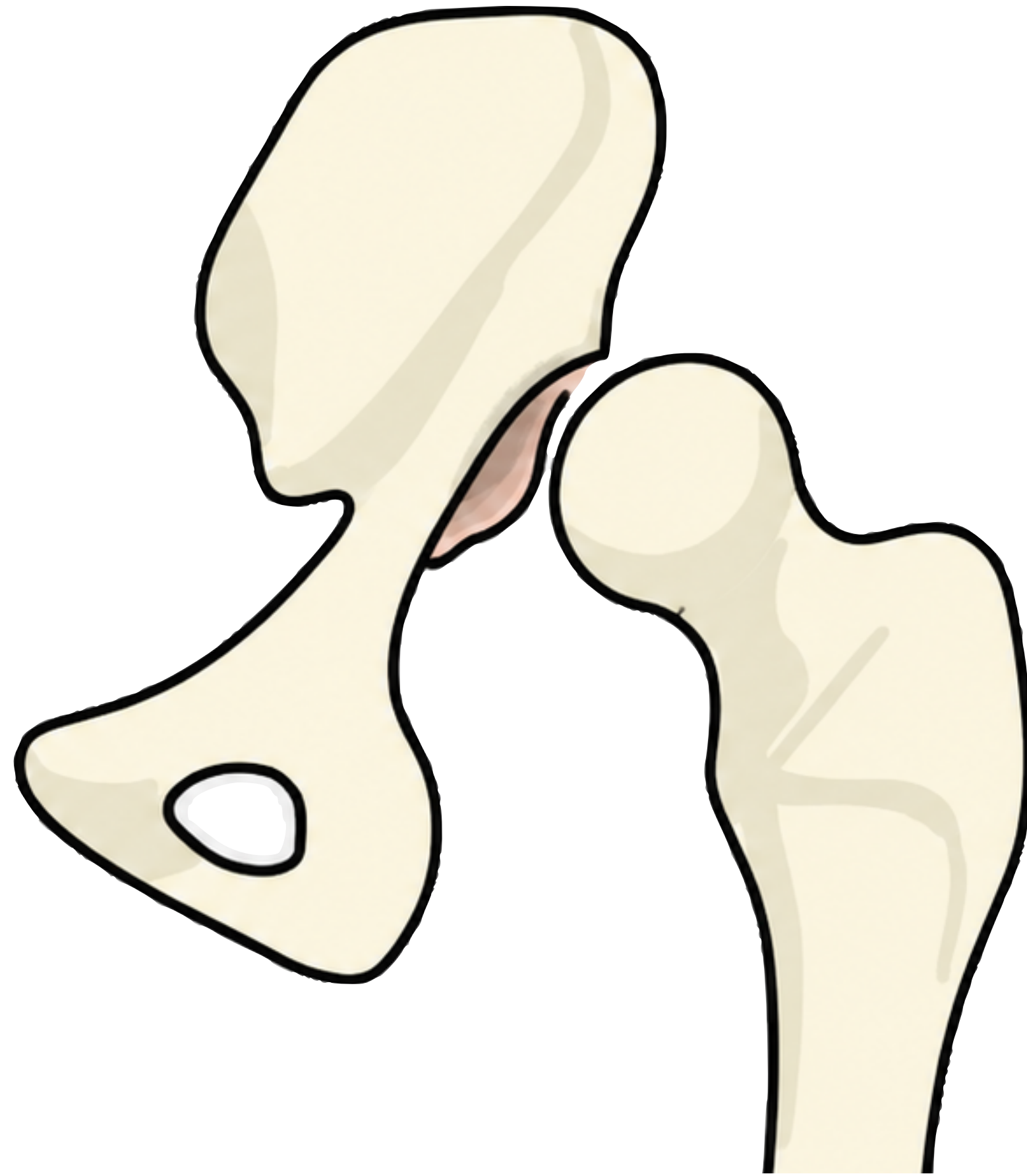
→ ATOPIC ERUPTION OF PREGNANCY

2) 3RD TRIMESTER, URTICARIAL PAPULES AND WHEELS ON ABDOMEN?

→ POLYMORPHIC ERUPTION OF PREGNANCY

3) 2ND/3RD TRIMESTER, ITCHY, RED, RASH AROUND UMBILICUS, LATER FORMING BLISTERS?

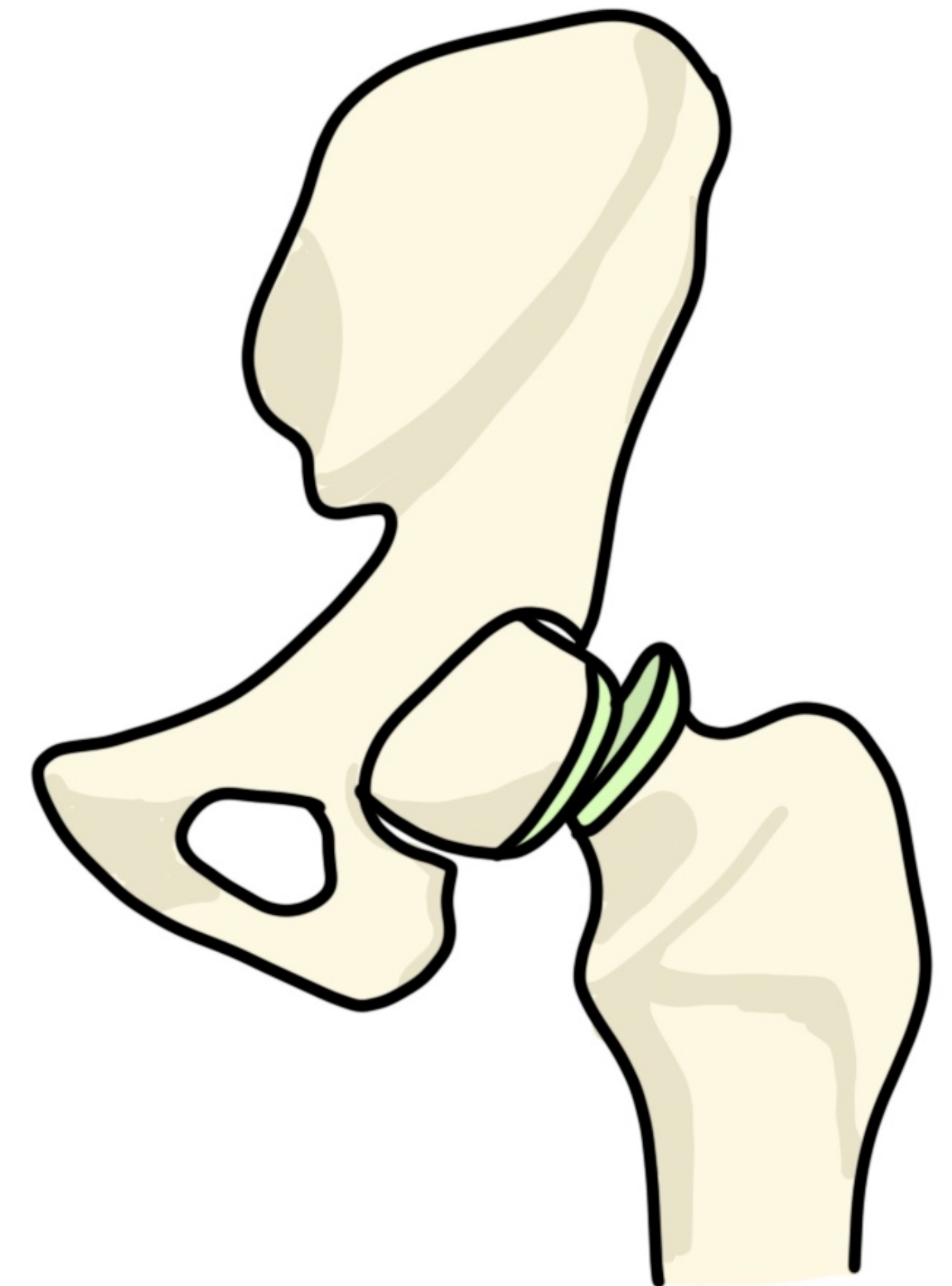
→ PEMPHIGOID GESTATIONIS



1) 14 MONTH OLD GIRL:
LIMP SINCE WALKING,
PREVIOUS BREECH
PRESENTATION & LEG
LENGTH ASYMMETRY?



2) 6 YEAR OLD BOY:
GRADUAL-ONSET
GROIN PAIN &
REDUCED HIP RANGE
OF MOTION?



3) 12 YEAR OLD BOY:
OBESE, SUDDEN-ONSET
GROIN PAIN & REDUCED
HIP MOVEMENT AFTER
MINOR FALL?

1) 14 MONTH OLD GIRL: LIMP SINCE WALKING, PREVIOUS BREECH PRESENTATION & LEG LENGTH ASYMMETRY?

→ DEVELOPMENTAL DYSPLASIA OF THE HIP (DDH)

2) 6 YEAR OLD BOY: GRADUAL-ONSET GROIN PAIN & REDUCED HIP RANGE OF MOTION?

→ PERTHES DISEASE

3) 12 YEAR OLD BOY: OBESE, SUDDEN-ONSET GROIN PAIN & REDUCED HIP MOVEMENT AFTER MINOR FALL?

→ SLIPPED UPPER FEMORAL EPIPHYSIS (SUFE)