

CASE STUDY

92

ACUTE STREPTOCOCCAL PHARYNGITIS



For the Disease Summary for this case study, see the CD-ROM.

PATIENT CASE

■ Patient's Chief Complaints

"My throat hurts and it's hard to swallow. I'm cold, too."

■ History of Present Illness

S.J. is an 11-year-old girl who has been ill for three days with a sore throat, a temperature of 102.3°F, chills, and pain with swallowing. She presents to the hospital emergency room today with her mother. The patient's appetite has been poor for 48 hours, but fluid intake has been steady. There has been no headache, rash, vomiting, stomach pain, difficulty breathing, joint pain, or cold symptoms. No one else in the family has been recently ill, although her mother notes that "strep has been going around at her school for the past two weeks."

■ Past Medical History

- (–) for surgeries and hospitalizations
- (–) for serious injuries and bone fractures
- Viral-like URI at age 9
- Chickenpox at age 6
- Ear infections at ages 3 and 4
- No previous episodes of streptococcal pharyngitis or rheumatic fever
- Immunizations are up to date

■ Family History

Non-contributory

■ Social History

- Patient lives with her mother, her stepfather, and two siblings
- Attends 6th grade, gets As and Bs in school, and enjoys baseball and working on arts and crafts projects

- The Denver Broncos are her favorite football team
- Both mother and mother's boyfriend smoke in the home
- There are no pets in the home
- Biological father's whereabouts unknown; S.J. has not seen him for years but receives occasional letters

Review of Systems

- (+) for tiredness
- (-) for muscle aches

Medications

None

Allergies

PCN → hives and difficulty breathing

Limited Physical Examination and Laboratory Tests

General

The patient is a pleasant, alert, oriented, intelligent, and cooperative 11-year-old white female who appears ill, pale, and is shivering noticeably. She is tightly wrapped in two warm blankets that the ER nurse has provided.

Vital Signs

BP = 110/70 (sitting, left arm)

HR = 104 and regular

RR = 17 and unlabored

T (oral) = 103.1°F

WT = 88 lbs

HT = 4'11"

SaO₂ = 97%

Skin

Very warm and pale with no rash

Head, Eyes, Ears, Nose, and Throat

- PERRLA
- (-) for conjunctivitis
- TMs translucent
- (-) for nasal drainage
- Tonsillar edema and erythema with yellow-white exudate
- Soft palate erythema
- Prominent "strawberry" tongue

Neck

Several small, mobile anterior lymph nodes that are tender with palpation

Chest

CTA

Cardiac

- RRR
- S₁ and S₂ normal
- (–) for murmur

Abdomen

- Soft and non-tender with normal BS
- (–) for HSM

Musculoskeletal/Extremities

- Muscle strength and tone 5/5 throughout
- Peripheral pulses normal throughout

Neurologic

- Cranial nerves II–XII intact
- DTRs 2+

Laboratory Blood Test Results

See Patient Case Table 92.1

Patient Case Table 92.1 Laboratory Blood Test Results					
Hb	13.2 g/dL	• Neutrophils	72%	• Basophils	1%
Hct	43.9%	• Lymphocytes	21%	ESR	18 mm/hr
Plt	390,000/mm ³	• Monocytes	5%	CRP	2.3 mg/dL
WBC	15,500/mm ³	• Eosinophils	1%	(+) Rapid streptococcal antigen test	

Patient Case Question 1. List *eighteen* patient-specific clinical features including signs and symptoms, medical history, findings on physical examination, and laboratory blood test results that support a diagnosis of group A β -hemolytic streptococcal pharyngitis.

Patient Case Question 2. What is the *single major risk factor* for acute streptococcal pharyngitis in this case study?

Patient Case Question 3. What are the drugs of choice for this patient?

Patient Case Question 4. For which type of heart disease is this patient at risk if treatment is not started?