Diagnosing Illnesses You’ve Never Seen Before

or

Love is Like the Measles

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How To Use This Talk

- Don’t look at the posted slides in your electronic packet
- Don’t be afraid to participate, it increases our learning and it’s fun!
- Think about “homework”
  - True for the entire conference
Friday afternoon, last patient of the day

- Previously healthy 11 yo boy with high fever, malaise
- Returned from 2-week Philippines vacation 1 week ago
  - T 104 3 days ago
  - Anorexia, myalgia, stomachache, headache, red eyes
  - Last night developed rash
  - Exam with conjunctival suffusion, clear rhinorrhea, rash
Morbilliform rash
After the next 20 minutes, you will (start to) be able to

- Formulate a “Terminator” approach to learn about the most likely “never seen before” diseases you might encounter in your practice.
- Incorporate patient encounters and the “car radio” approach into your lifelong learning plan.
As of May 29, 2018

https://www.cdc.gov/chikungunya/geo/index.html
Have you ever seen a case of ......

- Measles?
- Kawasaki Disease?
- Adenoviral Keratoconjunctivitis?
- Scarlet Fever?
- Dengue?
- Chikungunya?
- Minamata Bay Disease?
The Terminator Approach
Measles (Rubeola)

- Chikungunya
- Dengue
- Kawasaki Disease
- Scarlet Fever
- Acute mercury poisoning
- Epidemic keratoconjunctivitis
Dear Dr. Wiedermann,

I was given your name by Dr. E at the World Bank health unit and have just spoken to your receptionist who kindly gave me your email...

My son K developed a rash on his scrotum...

Email from H. B.
Delhi, India
Camping Shenandoah June

Germany/England July 3 – early Aug
- Stayed in cities, some urban parks/meadows
- Pruritic/painful scrotal rash early July
- Topical zinc oxide
- Late July topical HC

July 25
- Seen by Australian dermatologist relative in England
- Continue HC

August Back in Delhi
- Pain/itching resolved; fatigue
- Horseshoe shaped induration
Epidermis is unremarkable. Dermis shows diffuse infiltration of small lymphocytes, large lymphocytes and histiocytes. No granuloma is seen. Immunohistochemistry not in favor of lymphoma.
Lyme Lymphocytoma

- Subtype of cutaneous B cell pseudolymphoma
- More common in N. Europe
- Mechanism unclear
- Usually not at site of tick bite
  - Nipple, perineum, earlobe
12 yo girl with ODD x 10 mos

- Significant behavior change last summer
  - Arguments
  - School refusal, therapist refusal, depression
  - Fatigue, generalized pain, exercise intolerance
- June 2018 fever and right breast cellulitis treated with clindamycin
Aggressiveness, violence, homicidality, homicide, and Lyme disease

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This article was published in the following Dove Press journal: Neuropsychiatric Disease and Treatment

Background: No study has previously analyzed aggressiveness, homicide, and Lyme disease (LD).
Materials and methods: Retrospective LD chart reviews analyzed aggressiveness, compared 50 homicidal with 50 non-homicidal patients, and analyzed homicides.

Is this a predatory journal?
- Open access
- $2310 publication fee
Myalgic Encephalomyelitis

- aka Chronic Fatigue Syndrome?
- Poorly defined, possibly several components
  - Pain/fatigue
  - Post-exertional malaise
  - Orthostatic intolerance/autonomic dysfunction
  - Neurocognitive symptoms
  - Sleep-related symptoms
  - Sometimes abrupt onset post-infection?
ME/CFS Proposed Dx Criteria

- All 3 of the following:
  - New onset fatigue with impairment > 6 months not relieved by rest
  - Post-exertional malaise
  - Unrefreshing sleep

- At least 1 of the following:
  - Cognitive impairment
  - Orthostatic intolerance

Nonspecific Complaints

Specific DSM Illness

Myalgic Encephalomyelitis

POTS

PANDAS/PANS
2 Steps To Be A ....
1. What Conditions Do You Want to Learn More About?

Measles
- Kawasaki
- Conjunctivitis
- Scarlet Fever
- Dengue
- Chikungunya
- Hg Poisoning

Lyme Disease
- Anaplasma
- Ehrlichia
- RMSF
- Powassan virus
- Babesia

Fatigue/Pain
- Myalgic encephalomyelitis
- PANS
- POTS
- Psychiatric illnesses

Let your patients point the way (to CDC, AAP, textbooks, reliable online resources)
Step 2
Scanning/Browsing

- Print journals
  - Pediatrics, PREP, NEJM, JAMA
  - Pediatrics, etc.
- Emailed TOC alerts
- Listservs
  - AAP, CDC, etc.
- Lay press
This Weekend?

- Pick 3 of FOP’s sessions to explore in greater detail
- Make a specific plan of study
  - Be realistic
  - Tell someone about your plan (incites guilt when you see them)
“Love is like the measles...

...we all have to go through it. Also like the measles, we take it only once. One never need be afraid of catching it a second time. The man who has had it can go into the most dangerous places and play the most foolhardy tricks with perfect safety.”

Jerome K. Jerome
On Being in Love from Idle Thoughts of an Idle Fellow, 1886