

HCS339 Final Paper Patient Information

Below are the three patient profiles you must address in your final paper. You must identify an herb for use in each case and provide a rationale for your choice.

Benson

Is a 37-year old homeless male with a long history of heroin abuse and is currently using. He is underweight with a thin frame, wears glasses, and is quite observant. His movements are quick in contrast to his heroine abuse (which often slows people down). His shoulders slump a little but he is always in motion. He is dark skinned, tall, and has sharp facial features. His musculature is not well defined but it would seem that he would be a good cross-country or distance runner. He is often by himself and is often observed talking to himself. When outside, he is mostly in the shade although he does seek some sunlight. The shopping cart he uses to transport his belonging is filled with used books, a radio, and other electronic devices.

He comes to the clinic presenting with flu symptoms and complaining of low back pain when he sneezes. He states that he has both body aches and headaches since the onset of his symptoms. His headaches are mostly centered in the forehead and radiate toward the back of his head as if wearing a hat. His body aches are mostly in his limbs. He tells you he had an undulating temperature but it has subsided in the last few days since the start of his symptoms. He said the flu started with a cough, sore throat and headaches. The cough and sore throat have subsided but the body and headaches have not ceased. When examined, the medical doctor tells you that his sinuses are irritated but the fluid inside them is rather viscous. His eyes are red due to the constant pressure built up to clear his nose when either sneezing or blowing his nose. His handkerchief however is not soiled. This is Benson's 4th bout of cold and or flu like symptoms this year. Other remarkable signs are blisters on his lips, ulcers inside his mouth, and a temperature of 100.0 F even though he doesn't complain of fever.

Naja

Naja is a quiet but feisty 56-year old female. She is always on the move and always trying to be somewhere. However, she has no reason for this frenetic activity. She has been known, from time to time, to proselytize about one topic or another on the street in her neighborhood. One can find her near water in parks and sunny areas of the inner city. She walks upright and has a well-built frame for her age. Her demeanor is one of abject condescension. She questions every statement, finishes sentences for other without cause, and speaks about many topics as if from the point of view of authority. Another side of Naja is that she is rather friendly and has an incredible sense of humor. She lacks a tempered approach to interactions, however, often appearing bossy, aggressive, and domineering. At her church, she is known to always try to help with clean-up and encourage others to do the same. She enjoys singing and leads others to do the same during church services, at birthday parties, and other celebrations. She is intuitive in most interactions and, from time to time, she can be found reading crystals for people in the park (a representation of her Roma heritage).

It is rare to see Naja in the clinic, something about which she boasts confidently. However, today Naja presents with extreme exhaustion and a racing heart although her blood pressure is normal. Interestingly,

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she presents with reddish coloration around her face like the coloration frequently seen in heavy alcohol users. This is quite a contrast from her usual fair complexion. She has difficulty breathing because the mucosal tissue in her nose is irritated, as is the area at the back of her throat. Her tonsils are enlarged and covered in pus, and her breath is fetid in odor. She also reports that she has not been able breathe well nor has had any appetite due to her current state. Other remarkable signs are an elongated, flame-shaped, red-tongue with a blue undertone in the center.

Fahad

Fahad is a 30-year old male. He is heavy set, tall, witty, with childlike features and rounded bright eyes. He is usually on the go and in the company of others. He often completes crossword and picture puzzles and enjoys beading and making scarfs. He is a peace-maker in his community and most people regard him as helpful and a team player. He can't stand to be alone and often weeps at conflict or when he loses touch with friends or family. He complains about rules often citing that some rules are too authoritarian and inflexible.

Fahad presents at the clinic lethargic, depressed, and slightly swollen. He has body aches that keep him from being active, but once he gets moving his body aches subside. He informs your mentor that he has had a sore throat, earache, and what feels like pressure on his head but he hasn't experienced any cough, runny nose, or loss of hearing. He feels better when moving between the sun and the shade, but prefers the sun. You observe that his skin is scaly and dry on his body, but his forehead and face bead up with perspiration. He complains of diarrhea and flatulence. He also complains that his hemorrhoids have flared up and he constantly needs to go to the bathroom. On further examination, you note that he has bleeding gums. His tonsils are swollen and irritated with white serous discharges.