

# SHINGLES CASE STUDY

## COMPETITION

### Patient Details

Male, Age 77, Immune status: Good

### Concomittant diseases

1. Hypertension
2. THR for Osteo Arthritis RT hip joint

### Concomittant drug therapy

1. Brinerdin tds/d
2. Surgam SA 300mg tds/d

Date of Diagnosis: 22/3/93

Date of appearance of rash: 20/3/94

### Patient Treatment

Therapy Prescribed:

- Zovirax - Shingles treatment pack : 800mg 5 x/d for 7 days
- Stopayne  $\pi$  prn

Date of Initiation of Therapy: 22/3/93

Date of Completion of Therapy: 1/4/93.

Final Assessment 13/4/93

### Comments on Treatment

Progressive improvement since commencement of treatment. Complained of dull headache which revealed an underlying cystitis (treated with macrodantin). Blood tests were taken 22/3/93

\* ESR = 15 mm/h

\* Uric Acid = 0,49

\* Urea = 8,07 mmol/l

UMC&S strept faecalis

30/3/93

\* ESR 50 mm/h

\* Uric Acid = 0,508

\* Urea = 12,67 mmol/l

UMC&S = strept faecalis



Patient used a walking stick due to total hip

30/3/93

replacement 1/6/89. Mr R and his wife used to stay alone on a small farm plot: they have been attacked twice by intruders on the property. They always bring two jars of honey (for me) on their monthly visit. Very pleasant and passive geriatric couple!

### Measurements/Results

*Time to Healing of Lesions:*

$\pm$  5 days after commencement of treatment.

*Duration and Intensity of Pain:*

Outly the first three to four days.

*Side Effects/ Problems*

*experienced with therapies:* None!



13/4/93

### Additional Information

1. Shingles diagnosed 22/3/93. Treatment started. Photos taken. Blood tests taken: ESR = mm/h.
2. Follow-up : 8 days later
  - Patient smiling and happy
  - Repeat at blood tests
3. Final Assessment 13/4/93. BP 110/80 Cistitis treated with macrodantin 100mg qid x 20.

Dr W Grey

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