

CONTENTS

List of contributors iii
Foreword vii
Preface viii
Acknowledgements x
Key features xi

RHEUMATOLOGY AND CLINICAL IMMUNOLOGY

PACES Stations and Acute Scenarios 3

1.1 History-taking 3

- 1.1.1 Recurrent chest infections 3
- 1.1.2 Recurrent meningitis 5
- 1.1.3 Recurrent facial swelling and abdominal pain 7
- 1.1.4 Recurrent skin abscesses 9
- 1.1.5 Flushing and skin rash 12
- 1.1.6 Drug-induced anaphylaxis 14
- 1.1.7 Arthralgia, purpuric rash and renal impairment 16
- 1.1.8 Arthralgia and photosensitive rash 19
- 1.1.9 Cold fingers and difficulty swallowing 23
- 1.1.10 Dry eyes and fatigue 25
- 1.1.11 Breathlessness and weakness 27
- 1.1.12 Low back pain 30
- 1.1.13 Chronic back pain 32
- 1.1.14 Recurrent joint pain and stiffness 33
- 1.1.15 Foot drop and weight loss in a patient with rheumatoid arthritis 35
- 1.1.16 Fever, myalgia, arthralgia and elevated acute-phase indices 38

- 1.1.17 Non-rheumatoid pain and stiffness 40
- 1.1.18 Widespread pain 42
- 1.2 Clinical examination 44**
 - 1.2.1 Hands (general) 44
 - 1.2.2 Non-rheumatoid pain and stiffness: generalised osteoarthritis 45
 - 1.2.3 Rheumatoid arthritis 46
 - 1.2.4 Psoriatic arthritis 47
 - 1.2.5 Systemic sclerosis 49
 - 1.2.6 Chronic tophaceous gout 49
 - 1.2.7 Ankylosing spondylitis 50
 - 1.2.8 Deformity of bone: Paget's disease 51
 - 1.2.9 Marfan's syndrome 51
- 1.3 Communication skills and ethics 52**
 - 1.3.1 Collapse during a restaurant meal 52
 - 1.3.2 Cold fingers and difficulty swallowing 54
 - 1.3.3 Back pain 55
 - 1.3.4 Widespread pain 56
 - 1.3.5 Explain a recommendation to start a disease-modifying antirheumatic drug 57
- 1.4 Acute scenarios 59**
 - 1.4.1 Fulminant septicaemia in an asplenic woman 59
 - 1.4.2 Collapse during a restaurant meal 61
 - 1.4.3 Systemic lupus erythematosus and confusion 64
 - 1.4.4 Acute hot joints 66
 - 1.4.5 A crush fracture 69

Diseases and Treatments 72

- 2.1.3 Chronic granulomatous disease 77
- 2.1.4 Cytokine and cytokine-receptor deficiencies 78
- 2.1.5 Terminal pathway complement deficiency 80
- 2.1.6 Hyposplenism 81
- 2.2 Allergy 82**
 - 2.2.1 Anaphylaxis 82
 - 2.2.2 Mastocytosis 84
 - 2.2.3 Nut allergy 85
 - 2.2.4 Drug allergy 87
- 2.3 Rheumatology 88**
 - 2.3.1 Carpal tunnel syndrome 88
 - 2.3.2 Osteoarthritis 89
 - 2.3.3 Rheumatoid arthritis 91
 - 2.3.4 Seronegative spondyloarthropathies 94
 - 2.3.5 Idiopathic inflammatory myopathies 98
 - 2.3.6 Crystal arthritis: gout 99
 - 2.3.7 Calcium pyrophosphate deposition disease 101
 - 2.3.8 Fibromyalgia 101
- 2.4 Autoimmune rheumatic diseases 103**
 - 2.4.1 Systemic lupus erythematosus 103
 - 2.4.2 Sjögren's syndrome 105
 - 2.4.3 Systemic sclerosis (scleroderma) 106
- 2.5 Vasculitides 109**
 - 2.5.1 Giant-cell arteritis and polymyalgia rheumatica 109
 - 2.5.2 Wegener's granulomatosis 111
 - 2.5.3 Polyarteritis nodosa 113
 - 2.5.4 Cryoglobulinaemic vasculitis 114
 - 2.5.5 Behçet's disease 115
 - 2.5.6 Takayasu's arteritis 117
 - 2.5.7 Systemic Still's disease 119

Investigations and Practical Procedures 121

- 3.1 Assessment of acute-phase response 121**
 - 3.1.1 Erythrocyte sedimentation rate 121
 - 3.1.2 C-reactive protein 121
- 3.2 Serological investigation of autoimmune rheumatic disease 122**
 - 3.2.1 Antibodies to nuclear antigens 122
 - 3.2.2 Antibodies to double-stranded DNA 123

- 3.2.3 Antibodies to extractable nuclear antigens 124
- 3.2.4 Rheumatoid factor 125
- 3.2.5 Antineutrophil cytoplasmic antibody 125
- 3.2.6 Serum complement concentrations 125
- 3.3 Suspected immune deficiency in adults 126**
- 3.4 Imaging in rheumatological disease 129**
 - 3.4.1 Plain radiology 129
 - 3.4.2 Bone densitometry 130
 - 3.4.3 Magnetic resonance imaging 131

- 3.4.4 Nuclear medicine 131
- 3.4.5 Ultrasound 132
- 3.5 Arthrocentesis 132**
- 3.6 Corticosteroid injection techniques 133**
- 3.7 Immunoglobulin replacement 135**

Self-assessment 138

- 4.1 Self-assessment questions 138**
- 4.2 Self-assessment answers 141**

The Medical Masterclass Series 144
Index 160