

Appendix A  
 Summary of Patients Seen at Penwood Clinic  
 Mission Jamaica—January 22-24, 2001

Pt. No.	Age/ Sex	Medication Reported	Sample Complaints	Working Diagnoses	Interventions	Comments
1	59 yrs M	None (Had seen MJ Dr. in '00—caps helped pain)	Requested eye glasses Hip pain virtually daily—can't sleep Pain L shoulder Occ. Numbness fingers Toe pain with walking	S/P trauma hip –pinned DJD-osteoarthritis	Naproxen 500 mg po bid Eye glasses	
2	54 yrs F	None Took unknown med for menstrual problem 2 months ago	Requested blood glucose (family Hx diabetes) Intermittent spotting Swollen R ankle	Menstrual irregularity DJD	Referral to Kingston Public Hospital Ibuprofen 200 mg Multivitamin Blood glucose nl	Pelvic not done because was felt needed to r/o ca and other causes for bleeding.
3	20 yrs M	None	Pain buttock	S/P gun shot wound R buttock, bullet retained, no drainage	Referral to Hospital Ibuprofen	
4	52 yrs F	Metformin Diabinese Running out of meds	Was struck in mouth by rock; fell down	Laceration of upper lip—not through and through Diabetes Glucose 370; urine ketones neg.	Glyburide 5 mg—2 tabs bid—given 2 wks supply Wound cleansed and steristripped	
5	45 yrs F	None	Knee pain, upper back pain, dysuria and frequency X2 wks. Received Bactrim in past. Hx hypertension	U/A was neg. For nitrite and leukocyte esterase. Osteoarthritis BP 146/94	Encourage p.o. fluids. Ibuprofen	
6	2 yrs M	None	URI X 1 wk, cough, poor sleep, yellow nasal drng, decreased appetite	No erythema TM's. Viral infection	Triaminic tabs q 4-6 h	
7	2 yrs F	None	"Fever" X 2 days, sneezing, matter in eyes in A.M.	Left TM red—otitis media	Cefdinir 1.5 tsp p.o. daily X 10 day Tylenol 1 tsp p.o. q 4 h X 5 days	
8	75 yrs M	Med for "gas"—cost \$60, didn't work	C/o pain both legs-walks c difficulty c cane Low back pain since Nov.—awakens at night. Infrequent HA s visual Sx	Creptance right knee—DJD	Naproxin 500 mg bid	

9	44 yrs F	White liquid to Rx itching, Daonil??-diabetes med.-out	C/o blurred vision-no glasses. Itching/bumps on	Blood glucose 146 mg/dL ~2 hrs pc. No evident rash.	Allegra 180 mg daily trial Invited to try on spectacles	
10	27 F	None	Pain L breast, L flank pain, thick white vaginal discharge X 5 mo. LMP 1 wk ago	Normal breast exam. Vaginal discharge white, thick, pH 5— Candida vaginitis	Ketoconazole 200 mg daily X 5 day	
11	68 yrs F	None	Wght loss (?30#), hypertension, painful joints in A.M.	BP 170/110, P 82; nl exam.	Propranolol 40 mg daily #100 Acetaminophen prn	
12	57 yrs F	None	Rash (ran out of cream), shingles 9/00 but with residual pain	Tinea corporis, DJD	Ketoconazole 200 mg/da X14 days; ibuprofen, multivitamin	Requested multivitamin
13	2 yrs	None	Rash on head	Tinea capitis	Ketoconazole 100 mg daily X 30 days	
14	30 yrs F	None	Yellow discharge from vagina since 12/00, urinary frequency, dysuria	U/A + nitrite, vaginal pH 6.0 UTI and nonspecific vaginitis LMP 1/17/00	TMP/SMX DS bid X 5 days, metronidazole 500 mg bid X 7 days; husband 2 g metronidazole as single dose	
15	Sheet not legible					
16	2 yrs F	None	“asthma” 11/00 Dr. gave pills and a “pump,” last two nights URI Sx, not sleeping	Musical rales, afebrile, asthma triggered by URI	Albuterol inhaler	Might have been useful to have oral beta active drug here.
17	21 yrs F	None	Chronic scratchy throat, cough, nasal drainage, menstrual cramps	Allergies	Claritin i po daily as needed #30	
18	2 yrs M	None	“Cold” with poor oral intake, scratches bottom	URI; probable pin worm	Acetaminophen liquid Vermox 100 mg X1	
19	34 yrs M	None	Scalp fungus X 3 wks, “chest cold”, rash on face, gunshot wound 2/00, WC bound	Jamaican physicians had Dx’d transverse myelitis; tinea capitis, seborrhea face, spasms in lower extremities	Given ketoconazole 200 mg X 30 days, wrote script for baclofen 10 mg tid.	Patient said could have benefited from exercycle. Could also have used ketoconazole shampoo.
20	68 yrs F	None	Sore throat began last night. Wears back brace	URI, DJD—chronic instability lower back	Naproxyn 500 mg bid; robitussin DM, tylenol	
21	26 yrs F	None	Diarrhea X 1 day associated with blood on stool.	Ulcerated hemorrhoids on exam.; probable gastroenteritis	Recommended vaseline on anus.	
22	14 yrs F	None	Asthma, sinus drainage, headache	Wheezes throughout lung fields	Albuterol inhaler; aeobid steroid inhaler	

23	20 yrs F	Phenobarb 30 mg qd; ran out of phenytoin	Seizures, loses consciousness, amenorrhea, last seizure 10/00	NI. exam.	Wrote prescription for phenytoin 300 mg daily; reassured antiseizure meds would not prevent periods	
24	87 yrs F	Atenolol 50 mg daily— almost out	Multiple complaints	Low back tenderness, BP 143/84	Ibuprofen	Propranolol 40 mg daily #100
25	1 yr M	None	Diarrhea, vomiting, fever X 1 day	Tm's normal. Possible viral gastroenteritis	Infant advil, encourage oral fluids	
26	1 yr. F	None	Not eating, mouth hurts, coating on tongue, teething	Afebrile, teething	Children's ibuprofen	
27	29 yrs F	None	Ears plugged, tonsil gets sore, tearing right eye	Afebrile, red TM, throat injected,? Sinusitis	Biaxin , ibuprofen	
28	19 mo. F	Pedialyte q 4 hrs	Diarrhea X 4 days, liquid, mucous	Temp 101, irritable, possible enteroinvasive bacteria	Bactrim DS, ¼ tab bid X7	
29	39 yrs G	None	Pain in knees; swelling both ankles, stands as cook Maranatha; LMP 2 wks ago	No evidence of true edema, milky white vaginal discharge pH5 on exam. (had been Rx'd for yeast vaginitis c success)	EC-naprosyn #100, Ketoconazole 200 mg daily X5	
30	9 yrs F	None	Headaches, belly aches, no menses yet	Some debris in labial folds, constipation Hx elicited	Recommended bran, instructed on hygiene p bowel movements	
31	8 yrs F	None	Cold, cough, ear pain bilat.—tends to happen with each URI; vagina itchy; rash	Very large tonsils, fluid behind TMs, impressive tinea corporis	Referral for possible tonsillectomy, Sudafed, ketoconazole 100 mg daily X30	
32	31 yrs F	Depoprover a-last injection Nov.	Weight gain, headaches	Hx somewhat conflicting, ?tension headaches	Ibuprofen	
33	5 yrs F	None	"Asthma" since birth, p T&A, wheezing, won't eat,	Afebrile, fluid behind one TM	Histex ped 1 tsp qid (decongestant)	
34	3 yrs F	None	Right head laceration	~6 mm laceration left temporal area	Closed with single suture.	
35	8 mo M	None	Head cold early Dec., Dr. gave cold med, antibiotic, ventolin. Continued runny nose. Taken to hospital last night	TM's clear, chest clear; Allergies versus slowly resolving URI	Robitussin DM infant Histex Pd	
36	13 yrs F	None	"asthma" for 3 days since developed URI. Headache and phlegm. Asthma pill and liquid ventolin at ER several months ago.	Chest clear. Boggy nasal mucosa; allergies versus URI?	Claritin D q 12 hr	Note, c/o asthma here and by others does not necessarily correlate with physical findings.

37	? M	Aldomet tid	H/o stroke with right sided weakness and return of strength in right leg.	BP 210/120, effusion of bursa right elbow (not infected)	Given several month supply of hydrochlorthiazide 50 gm daily, to get BP checked in 1-2 weeks; counseled on potassium intake.	
38	8 mo M	None	Cold since early A.M. Coughing. Pulls at left ear while feeding	TMs OK, afebrile, viral URI	Robitussin for infant liquid given	
39	49 yrs F	Yes-2 for BP, 1 for sleep (names are a mystery)	Pain in head, other c/o which are hard to compute	BP 144/88, neg exam of breasts, abdomen, chest. ?tension headaches, hypertension controlled	Ibuprofen given	
40	5 yrs M	None	URI symptoms started yesterday, sneezing, cough; perianal itching	Ears and chest clear—URI; ?Pinworms	Triaminic, pediatric motrin. Vermox 100 mg X1 for worms	
41	50 yrs M	None	Left thumb laceration—had occurred 3 days before	3-4 cm open ulceration-not clean, too old and dirty to suture; cleansed and dressed.	Biaxin 10 day course Tetanus booster Ibuprofen	
42	5 yrs F	None	Stomach pain pc—says received tablets from Dr. Jones in 6/99 which help.	Patient actually points to back as source of pain.	Cimetidine hs as needed Ibuprofen 200 mg	Interesting-deacon in church; he produced a plastic bag with one ibuprofen remaining, which he had saved to show us what medicine helped!!
43	5 yrs M	None	More problems with asthma lately; URI began 5 days ago.	Musical rales—asthma	Ventolin inhaler; Aerobid inhaler	Oral medication would have been helpful for child this age as well.
44	3 yrs M	None	C/o hair loss on scalp X 2 wks; rash R scapula—itches.	Tinea capitis/corporis Musical rales—asthma	Ketoconazole (1/4 <sup>th</sup> tab)-50 mg daily X 30 days; Ventolin and Aerobid inhalers	Again, oral preparation would have been useful for asthma.
45	61 yrs F	None	Sinus congestion, indigestion, constipation, occasional chest discomfort, family hx diabetes and hypertension	Lungs clear, abdomen negative, heel edema, warts (?) in outer ear canals; U/A negative, nl BP	Claritin D and ibuprofen	
46	3 yrs M	None	Poor sleep, cough	Musical rales bilat. TM's OK Asthma triggered by URI	Albuterol inhaler, Aerobid inhaler, pediatric motrin	We were running low on pediatric decongestant cough syrup at this point; also oral medication for bronchospasm would be useful.

47	18 mo M	None	“Bumps on skin.” Appeared at age 12 months, come and go. *	Tiny papules on back, few scattered papules on shoulders, quite small; pruritis is a problem. *	Pediatric antihistamine	Could have been a miliaria or folliculitis. In any event treatment with a skin cleansing agent would have been reasonable. Need to list out for worksheet as such.
48	8 yrs F	None	Skin lesions on scaply and body, itches, present for weeks	Large patches of elevated maculopapular rash on right thigh, geographic, punctate papules on face, arms, and legs; Possible tinea corporis—did not think was pyoderma/impetigo	Ketotazole 100 mg X 30 days	A difficult call, differential could include eczema and lichen planus; but did not have luxury of f/u and multiple visits to observe.
49	38 yrs F	None	Wetness in left ear 2-3 wks beginning 2-3 wks ago; yellow drainage, occasionally bloody; not preceded by URI	4+ exudate in canal, which is red—otitis externa	Ciprofloxacin 500 mg bid X 10 days; wrote prescription for neosporin-cortisone drops	This was frustrating since this should be quite treatable. Cipro was best we could do, but she needs decent topical therapy—not sure this happened.
50	54 yrs F	Exedrin prn, tamoxifen for breast ca since '97, s/p mastectomy ; diabinase	Headaches, Some abdominal pain, vaginal discharge	Some cottage cheese exudate vaginal opening-not foul (candidiasis); readily palpable aortic pulse-6 cm span	Ketoconazole 200 mg X 5 days Ibuprofen Invited to look at spectacles Referral to KPH to r/o abdominal aortic aneurysm	
51	16 yrs F	None	Swollen lymph nodes behind ears; itching vagina; LMP 5 days ago	Hair heavily plastered down, but careful exam. Showed tinea capitis. Vaginal secretions white with pH 5—possible Candida vaginitis	Ketoconazole 200 mg daily X30	She claimed had used rinse on hair leading to burning just 3 days previously—obvious process had been there for quite awhile.
52	12 yrs F	None	URI in December. Last night began to feel stuffed up again	Lungs clear	Given tylenol caps and Claritin-D	

53	66 yrs F	None	Pain in abdomen;tires when walking; ?tightness in chest	Modest RLQ tenderness. Huge! Circumferential ulcer of calf beginning about 12 cm below knee and extending to just above ankle.	Tropical ulcer. Abdominal pain uncertain etiology. ?angina. Given dressing supplies and referral to Kingston Public Hospital.	Devastating tropical ulcr problem, which had likely been present for >1 yr.
54	3 yrs M	Cold med and ear gtts for wax.	“cold” for period of time-eyes get crusty.	TM’s normal. Viral infection vs. Allergies	Triaminic. Prescription written for eye drops.	
55	5 yrs M	None	Itchy patches on head. Protuberant naval.	Small umbilical hernia. Tinea capitis	Ketoconazole 100 mg daily X30	
56	2 yrs F	None	Dry scalp. URI month ago. Mouth odor	Boggy nasal mucosa, umbilical hernia, possible tinea scalp.	Decongestant-triaminic, ketoconazole 100 mg every other day for 15 doses	
57	18 yrs F	None	Breast pain, occasional constipation, low back pain	Normal breast exam, symptoms vague, return to clinic for more complete exam.	None	
58	14 yrs F	None	Watery eyes, cramps c menses	Normal exam.	Ibuprofen for cramps	
59	3 mo F	None	Rash	Likely tinea corporis, mainly back	Clotrimazole cream bid	Young age precluded oral ketoconazole
60	22 yrs F	None	Discontinued depoprovera in December, had breakthrough bleeding. Saw Dr. and got pills, but bleeding restarted after stopping	Withdrawal bleeding post provera	Found oral contraceptive pills in clinic, given 3 cycles ehtynlestradiol 0.05 mg/ mg/leonorgestrol 0.25 mg	
61	26 yrs F	None	Low back pain. Sinsu problems—worse with dust	Boggy nasal mucosa, possible allergic rhinitis	Ibuprofen; Allegra	
62	20 yrs F	Depoprovera a 4/00 (no menses since)	Low back pain; claims trauma to flank and sickle cell disease	U/A was 1+ blood, but ? about period; had return to clinic-was clear she was having period. Pregancy test neg. Tenderness was not that impressive, and was not in location of kidney.	Ibuprofen	This was difficult patient. Spoke patois, and required translater. Suspect psychiatric problem. Symptoms/signs did not match up.
63	36 yrs M	None	Fell down, cut thumb 18 hrs prior to presentation	Laceration of thumb	Tetanus booster, sutured thumb, Biaxin XL X 7 days, ibuprofen	
64	72 yrs M	None	Pain rght shoulder + chest, urinary frequency at night c bottle by bed	4+ prostate enlargement c possible nodule L lobe. Crepitance shoulder, no point tenderness, hypertension 188/102	Prazosin 1-2 mg daily Tylenol Referral to urologist	

65	18 yrs F	None	Cut knee 12 hrs prior to presentation	Laceration below right knee	Had vaccinations through school, sutured wound, cephalixin 500 mg bid X 5 days	
66	7 yrs M	None	Cough and wheezing since infancy	Musical rales—asthma	Albuterol inhaler, steroid inhaler	
67	67 yrs F	Out of thyroid pills	Hands hurt at night—hands get numb	Carpal tunnel syndrome bilat. Not point tenderness	Ibuprofen	
68	86 yrs M	None	Urinary frequency—dribbles, upper leg heaviness. Constipation	4+ prostate	Offered terazosin script, but noted cost; referral offered to urologist; counselling about bran/fiber	
69	68 yrs F	BP med	Hypertension X 1 yr, RUQ pain at times, bumps inner aspect arm-itches, blind since 1993	BP 168/62, excoriations uncertain etiol.	Calamine lotion for rash	
70	7 mo. M	None	Productive cough, 2 days, congested, doesn't sleep	T 37.6 ax. L TM red—otitis media	Cefdinir 1 tsp daily X 10 days	
71	67 yrs F	Metformin, aldomet	Pain along fingernail	Early paronychia finger	Biaxin XL daily X 7, ibuprofen	
72	4 yrs F	None	Earache, crying lots yesterday, cold X 1 wk	L Tm red-otitis media	Cefdinir tsp daily X 10 days, children's tylenol	
73	19 yrs M	None	Earaches, cold	TMs red, exudate one side—otitis	Biaxin XL daily X 10 days	
74	21 yrs M	None	Cut web between fingers left hand yesterday playing cricket	Laceration between 4 <sup>th</sup> and 5 <sup>th</sup> finger, has had tetanus vaccination	Sutured wound, cephalixin 500 mg bid X 10 days	
75	70 yrs F	Insulin (30/70) 15 u A.M. & 20 u H.S., Lasix, 20 mg q A.M., NTG, ASA	Right shoulder and bilat knee pain.	DJD	Ibuprofen to be taken with food as needed.	Had government card for care and to help with meds. Based upon this, it is clear that there is not consistency in how this occurs.
76	53 yrs F	BP med off and on	Pain across back and in thumb. Lifting hurts.	Point tenderness over left SI joint. No tenderness LS	Ibuprofen. BP was 164/100	Difficult to intervene with BP without knowledge of meds she is (not) taking.
77	36 yr F	None	Back and knee pain. Took some med in past 2 wks which was helpful. Presently with URI—gets asthma with it. Takes ventolin pills	Musical rales; minimal LS tenderness	Ibuprofen; wrote script for ventolin 2 mg	Out of inhalers at time this patient was seen.
78	1 yr F	None	Ear itching X 1 wk. No URI symptoms	Impetigo surrounding right ear.	Cefdinir ½ tsp bid X 5 days	

79	24 yrs F	None	Sore throat intermittently. Sometimes with drainage from right ear.	Afebrile; ear canal erythema— appears to be external otitis; suspect allergies	Claritin DS	Another patient where otic gtts would have helped if available.
80	8 yrs M	None	Sores on arms and legs X 3 wks. Drain at times, scab, itch.	T98.5 , fairly impressive impetigo	Biaxin XL 500 mg daily X10	
81	40 yrs F	Ventolin inhaler	Asthma X 17 yrs. Chest cold.	Expiratory wheezes	Pseudoephedrine, tylenol, albuterol inhaler.	
82	6 mo M	None	Tiny bumps on arms, legs, chest/back since yesterday. Clear nasal drainage.*	Unclear what this represents, ? viral exanthem*	None	Could have been miliaria (vs. Folliculitis) once again. Cleanser as possibility.
83	65 yrs F	Aldomet, HCTZ, ASA	Had seen pt for chest pain recently. Difficulty reading	BP 156/64, pulse 59, note from M.D. indicates ECG with L axis deviation and possible ischemia	Invited to look at eye glasses. Given supply of HCTZ.	
84	57 yrs F	None, took “nerve pill” X 1 yr	Fatigue, cramping c urination in A.M. Some creamy discharge from vagina.	>MP 5 yrs ago, tubal pregnancy 1974, pelvic WNL, sm. Amount yeast wet mount, U/A neg. For nitrite and leuk esterase	Reassurance, ketoconazole 200 mg daily X5	
85	24 yrs F	Depoprovera as contraceptive	Rash, wonders about her BP	BP 120/72, raised area inner aspect of thigh, somewhat geographic, ~12 inch total diam.-some vesicles on edges-- likely dermatomycosis	Myconazole cream, ketoconazole 200 mg bid X 14 days	
86	27 yrs F	None	Bleeding and vaginal odor p intercourse, brown discharge, LMP end of Nov.— occasionally misses menses	Pregnancy test positive! Vaginal secretions pH 6, clue cells on wet mount, U/A negative Bacterial vaginosis (cannot r/o chlamydia)	Clotrimazole cream 1%, partner to get 2 g metronidazole as single doses	Pregnancy meant she couldn't get flagyl, make shift with 2 <sup>nd</sup> line Rx because we did not have vaginal applicator kit
87	35 yrs F	None	Low back pain. Bumps over entire body which itch-claims started 1 mo. ago.	Tine papules legs/abdomen/back. Unclear what represent ? folliculitis	Cephalexin 500 mg bid X 5, ibuprofen	
88	75 yrs F	Ventolin inhler, but is out; pain med, but is out.	Back pain with some radiation, leg and anle pain; “itchy” vagina; asthma	Dry skin inner thighs, ankle deformity-swelling-DJD. Chest clear today.	Albuterol inhaler, ibuprofen, lotion	
89	72 yrs F	Combazide, diabanese, metformin, slow K	Ear pain for 1 wk. Some dysuria.	Ear wax, BP 188/108, glucose 175, U/A negative.	Scripts for Vebroxt gtts, slow K, metformin. Dispenses glyburide, spironolactone, and hydrochlorthiazide	

90	86 yrs F	None	Sneezes chronically c “runny” nose, took BP med but out since 8/00	Nasal mucosa boggy, BP 180/96, ?allergic rhinitis	½ tab (25 mg) hydrochlorothiazide c BP check. Nasonex nasal spray	Met criterion for systolic hypertension (<160)
91	16 yrs M	None	Right sided headache	Fleeting HA, 5 min daily or qod. Once c “dimming” of vision. This fellow’s story does not compute.	Referral to KGH if no better in 2-4 wks. Reassurance.	Had a rather flat affect. ?Depression
92	39 yrs F	None	Low back pain; post nasal drip	Point tenderness SI joint, DJD & allergic rhinitis	Ibuprofen, Claritin	
93	47 yrs M	None	Frequency-up to 8X/night, “scabs” on scalp	U/A neg.; prostate nl size, nontender—prostate irritability syndrome; tinea capitis	Discussed prostate issue—med. Will be expensive, but offered script; ketoconazole 200 mg daily X 30	
94	35 yrs F	None	Delivered baby 6 wks ago; BP 172/120—rechecked	Hypertension	Propranolol 40 mg daily HCTZD 50 mg daily	Problem with antihypertensives in a mother, but has very significant hypertension.
95	32 yrs F	Depoprovera, LPM 1 yr ago	Vaginal itching, low back pain	U/A negative, vaginal secretions pH 5	Ketoconazole 200 mg daily X 5 days, Ibuprofen	
96	1 yr F	None	Cold X 3 days, eating poorly	Bilat red TM’s-otitis media	Robitussin DM infant; cefdinir 1 tsp daily X 7; children’s tylenol	
97	4 mo F	None	Chest cold X 1 wk	TM’s clear, afebrile	Infant Advil	
98	56 yrs M	None	Low back pain; one ankle swollen; poor vision—glasses wore out; requests blood sugar check	Modest tenderness bilat SI joints; no cataracts	Ibuprofen; found spectacles which worked quite well.	All smiles with his new glasses!
99	43 yrs F	None	Hands get numb at night—washes & cooks a lot; problems with close vision	Essentially nl exam of hands; no tingling c percussion over wrists—probable some carpal tunnel	Discussed carpal tunnel; ibuprofen; invited to look through eye glasses.	

\*I reviewed a number of pictorial atlases of infectious diseases after returning to Madison. Atlas of Infectious Diseases by Stone and Gorbach, showed a picture which was a perfect match for patient 47 (and likely applies to patient 82 as well). This showed a “dermatophytid or id reaction” in a young black girl. It was characterized as a fine papular eruption, with no real erythema. This shows that one can have tinea capitis which is quite subtle and then have id reaction. Depending upon age of patient, treatment choices would include oral ketoconazole or ketoconazole shampoo.