

How to Use This Casebook

What each part is for, how a case is built, and how to read the book — whether you are preparing for a ward round, a viva, or an examination.

Front matter · 1,023 words

The book has two parts. **Part One** contains seventy-nine disease cases arranged by system, drawn from both internal medicine courses, and every one of them follows the same seven-part sequence set out below. The order is deliberate: it mirrors the order in which you will actually meet the patient on the ward, and it is the order in which an examiner will expect you to present.

Part Two contains sixteen **seminars** built around a presenting symptom rather than a diagnosis, and these follow a different sequence — the differential is generated **before** the history is taken, because the differential is what the history is for. That template is explained at the start of Part Two.

Part Three is different again: eleven chapters on reading an electrocardiogram, a blood count and film, renal and liver tests, a chest radiograph and lung function, and rheumatological serology. They are numbered as chapters rather than cases, and are meant to be returned to rather than read once.

Section	What it trains
1. Clinical vignette	Pattern recognition. Read the stem and commit to a working diagnosis before reading on.
2. Focused history	Not a checklist — every question is paired with the reason you are asking it.
3. Physical examination	What to look for, the sign you expect to find, and the mechanism that produces it.
4. Differential diagnosis	The competing diagnoses and the single discriminating feature for each.
5. Investigations	Bedside, laboratory, imaging — with the expected result and what it changes. Tests that do not change management are named as such.
6. Management	Immediate stabilisation, severity scoring and disposition, definitive treatment, complications, discharge.
7. Teaching points and viva questions	The pearls that separate a pass from a distinction, and the questions examiners actually ask.

A note on units. Glucose and urea are given in millimoles per litre (mmol/L) with the milligrams per decilitre (mg/dL) equivalent in brackets. Drug doses are for an adult with normal renal and hepatic function; always check against your local formulary and antibiogram, since resistance patterns are regional.

A note on protocols. Where national guidelines differ, the text follows the approach most widely taught and flags the alternative. Your hospital protocol overrides this book.

Navigating this volume. The three parts carry three separate sequences: **Cases 1 to 79 in Part One, Seminars 1 to 16 in Part Two, and Chapters 1 to 11 in Part Three.** Every cross-reference names the part

explicitly — "Case 37", "Seminar 14", "Chapter 9" — so no reference is ambiguous. All headings use built-in heading styles, so the document can also be navigated using the navigation pane in Word.

Contents

Part One · Disease Cases by System

Seventy-nine cases in ten blocks, each opening with a one-page system opener covering the history and examination for that system.

Respiratory

Case	Title
1	Community-acquired pneumonia
2	Acute severe asthma
3	Exacerbation of chronic obstructive pulmonary disease
4	Suppurative lung disease: bronchiectasis and lung abscess
5	Acute-on-chronic hypercapnic respiratory failure
6	Pleural effusion
7	Lung cancer
8	Pulmonary hypertension

Cardiology

Case	Title
9	Acute rheumatic fever
10	Rheumatic mitral stenosis
11	ST-elevation myocardial infarction
12	Acute decompensated heart failure
13	Infective endocarditis
14	Newly diagnosed hypertension
15	Aortic stenosis
16	Chronic regurgitant valve disease
17	Pericardial disease
18	The cardiomyopathies

Endocrinology

Case	Title
19	Diabetic ketoacidosis
20	Newly diagnosed type 2 diabetes mellitus
21	Hyperosmolar hyperglycaemic state, with hypoglycaemia
22	Thyrotoxicosis, with hypothyroidism
23	Hypercalcaemia and primary hyperparathyroidism
24	Pituitary disorders
25	The chronic complications of diabetes
26	Cushing syndrome and adrenal insufficiency
27	Lipid and lipoprotein disorders

Nephrology

Case	Title
28	Acute kidney injury
29	Chronic kidney disease
30	Acid–base disorders
31	Hyponatraemia
32	Urinary tract infection
33	Glomerulonephritis

Gastroenterology

Case	Title
34	Dyspepsia, reflux and peptic ulcer disease
35	Acute viral hepatitis
36	Chronic viral hepatitis
37	Decompensated cirrhosis and portal hypertension
38	Upper gastrointestinal bleeding
39	Inflammatory bowel disease
40	Hepatocellular carcinoma

Infectious diseases

Case	Title
41	Brucellosis
42	Malaria
43	Pulmonary tuberculosis
44	Bacterial meningitis
45	Human immunodeficiency virus infection
46	Pneumonia in the immunocompromised host
47	Encephalitis
48	The principles of antimicrobial use

Haematology

Case	Title
49	Microcytic anaemia and the iron deficiency workup
50	Macrocytic and haemolytic anaemia
51	Sickle cell disease and thalassaemia
52	The bleeding patient
53	Acute leukaemia
54	The chronic leukaemias
55	Lymphoma
56	Multiple myeloma
57	The myeloproliferative neoplasms

Rheumatology

Case	Title
58	Rheumatoid arthritis
59	Systemic lupus erythematosus
60	Axial spondyloarthritis
61	Vasculitis
62	Gout and calcium pyrophosphate deposition disease
63	Antiphospholipid syndrome

Neurology

Case	Title
64	Acute ischaemic stroke
65	Seizures and status epilepticus
66	Acute neuromuscular weakness
67	Peripheral neuropathy
68	Myelopathy and demyelinating disease
69	Parkinson disease and the extrapyramidal disorders

Dermatology and envenomation

Case	Title
70	Cutaneous manifestations of systemic disease
71	Eczema
72	Snake, scorpion and spider envenomation
73	Bacterial and viral infections of the skin
74	Fungal infections and infestations
75	Psoriasis and the papulosquamous diseases
76	Blistering disease and the cutaneous drug emergencies
77	Skin tumours and the pigmented lesion
78	Acne, rosacea, and disorders of pigmentation, hair and nails
79	Sexually transmitted infections

Part Two · Approach to the Patient

Sixteen undifferentiated presentations, numbered as **seminars** in their own sequence. They use a different template: the differential is generated **before** the history.

Seminars

Seminar	Title
1	Jaundice
2	Generalised anasarca
3	Acute chest pain
4	Acute dyspnoea
5	Headache
6	Arthritis
7	Chronic cough
8	Hypertensive urgencies and emergencies
9	Pyrexia of unknown origin
10	Coma
11	Venous thromboembolism
12	Shock
13	Chronic diarrhoea
14	Ascites
15	Dementia
16	Acute poisoning

Part Three · Interpretation

Eleven chapters on reading the investigations, numbered as **chapters** in their own sequence.

Chapters

Chapter	Title
1	Reading the electrocardiogram systematically
2	Ischaemia, pericarditis and the electrolytes
3	The narrow-complex tachycardias
4	The broad-complex tachycardias
5	Bradycardia and conduction block
6	A reading drill
7	The blood count, film, coagulation screen and marrow
8	Renal function and urinalysis
9	Liver function tests
10	The chest radiograph and pulmonary function tests
11	Rheumatological and immunological serology

PART ONE

Disease Cases by System

Seventy-nine cases in ten blocks