

Proficiency 5 – Mock Cases

19 yr old male wrestler walks into the training room c/o a fever and a rash. The area around the rash is painful and/or tingling on occasion. He says he “feels like” it’s the flu and that the rash is unrelated, but noticeable signs show that more is going on. He spends most of his time with his teammates practicing, and the wrestlers are known for not keeping the best hygiene. His mother was diagnosed with skin cancer 10 years ago, and he had a similar rash last season. No other related medical history.

What do you know? (What are the facts?)	What are your ideas? (Hypotheses about differential dx)	What we need to know? (What are the learning questions?)	Future Action/Resources (What is your plan to answer questions?)
19 yr old	Melanoma	Where is the rash? Axillary region	Refer to team physician <ul style="list-style-type: none"> • Dx HSV
Male	HSV-1 or 2	Any other signs/symptoms? Rash is red with vesicles on a slightly raised base.	Treat with medications <ul style="list-style-type: none"> • MD prescribes Zovirax, Valtrex, and Famvir.
Rash (occasional pain and tingling) and fever	Acne	Fever and sore throat, lymphadenopathy, and malaise	Have athlete wash with antibacterial soap
Family history of skin pathologies	Ringworm	What was the rash last season? Ringworm	Athletic Trainer educates patient on using medicine and antibacterial wash
Athlete had similar rash last season.	MRSA	Vital signs? Normal except temperature is 100.5	
Spends most time with teammates	Cellulitis	When was the rash noticed? Last week	
Wrestlers not good on hygiene	Impetigo		
Mother had skin cancer 10 years ago	Fungal tinea infections		
Had similar rash last season.	Various types of folliculitis		
	Viral varicells-zoster		