

DISCHARGE LETTER : 10/10/2024

RE: Mr Michael BIRCH 0437031900

DOB: 24/04/1992 32 years old

I had the pleasure of reviewing Michael, a 32 year old male with chest pain. Michael was initially investigated and diagnosed with pericarditis in 2021 after the Covid vaccine. He underwent a transthoracic echocardiogram and cardiac MRI that showed no evidence of constrictive physiology or myocarditis. Since 2021, he has been on ibuprofen intermittently up to 3 months at a time. His exercise tolerance has been poor with chest pleuritic chest pain and breathlessness, leading him to avoiding physical activity altogether due to the anticipation of symptoms. The pain that he describes is sharp in nature, radiating to his back with a pleuritic component. He does find relief with anti inflammatory therapy such as Nurofen but is now starting to experience upper GI side effects due to prolonged use.

Michael does not smoke and currently works in private health insurance. His current medications include propranolol, ibuprofen and pantoprazole.

On presentation to the department, his ECG showed sinus rhythm without any pericarditis changes. His troponin was negative and CRP was normal.

His Holter monitor performed showed sinus rhythm throughout with occasional atrial ectopic beats. His symptoms describes as "flutters" correlated with sinus bradycardia.

We performed a transthoracic echocardiogram that showed normal biventricular size and function without any valvular abnormalities. There was a slight septal bounce and lateral E wave was slightly less than the septal annular E wave.

We discussed the etiology of pericarditis, especially incessant or chronic pericarditis in some individuals. Michael has previously seen an immunologist and reports a positive connective tissue screen and being advised to take Hydroxychloroquine, which he has since stopped. I explain that pericarditis is at times a manifestation of systemic inflammatory conditions and in those cases management includes controlling the underlying disease and addressing flares. I would recommend he see's the immunologist again and consider recommencing therapy.

At this stage, we want to avoid steroid use due to its side effects. I have advise Aspirin 900mg TDS and Colchicine 500 micrograms BD for at least 6 months. After 6 months, we will wean those doses. If in the interim his symptoms were to get worse, in particular the breathlessness, then he should present to us earlier for a repeat echocardiogram and consideration of left and right heart catheterization studies. If he fails 6 months of anti-inflammatory therapy then we may need to consider corticosteroid use. He should continue the pantoprazole alongside the aspirin and colchicine.

We will follow him up again in 6 months time with a repeat transthoracic echocardiogram but happy to see him earlier if there are any concerns.

Kind regards,

Electronically signed

Dr Mahnoor Mian,

526928JB

WiSE Clinic

(02) 9216 - 7676

Results and reports are not always available on patient discharge. Formal imaging and pathology reports will be available on the Clinic to Cloud patient portal.

GP's/Specialist's can access further patient results/reports by contacting the following;

Austech Pathology

Wise Radiology

Inteleconnect

To 'Apply for an Account' please contact Radiology 92167676 or via the Website: <https://wiseradiology.com.au>

This should take less than 4 business hours for you to be granted access. Your log-in details will be emailed to you.

This letter may not have been sighted by the emergency specialist before sending it to you. Our letters are written by medical scribes in real-time and reviewed by doctors later. If you find any misspellings, grammatical mistakes, or inadvertent errors in the script, please notify us or seek clarification.

REPORTS

I041 (C-REACTIVE PROTEIN)

Date Collected	:	01/10/2024	28/06/2024	25/09/2021		
Episode	:	8049240	8046353	8014997	Units	Range
Serum CRP	:	0	0	0	mg/L	(0-5)

Requested Tests:GLUr,LFT,CK,EUC,Tnl,GFR,FBC,CRP,DDQ,CA,PO4,MG,CAC

Clinical History: 1/7 chest pain , exacerbated by inspiration with radiation to L scapula
PHx:
Pericarditis post covid 3yrs ago

Tests pending: Tnl

Patient Details:

Patient Name: BIRCH Michael (Male)
Address: 32/7-15 Taranto Road, MARSFIELD NSW 2122
DOB: 24/04/1992

Investigation:

Universal Service Identifier C-REACTIVE PROTEIN
Text:
Number: 8049240-I041-1
Request By: GARETH KITSON 5274395A
Request Date:
Collected Date: 01/10/2024 12:00 AM
Reported Date: 01/10/2024 12:10 PM

Other:

Laboratory: Austech Medical Labs
Clinical Information:
1/7 chest pain , exacerbated by inspiration with radiation to L scapula|PHx:|Pericarditis post covid 3yrs ago
Practice Order Number: 42707
Laboratory Order Number: 8049240-I041-1

TROP (TROPONIN (Tnl))

Date Collected	01/10/2024	28/06/2024	25/09/2021		
Episode	8049240	8046353	8014997	Units	Range

TROPONIN

Serum Troponin	-	-	0.0036	ng/ml	(<0.043)
Serum Troponin	2.78	2.02	-	ng/L	(<43.00)
Comment	: NR	NR	NR		

Legend :

NR Normal Results

NOTE: As of 23rd November 2023, hsTNI analysis performed on the Beckman Coulter DXI800 and Access 2 analysers, units were converted from ng/ml to ng/L. The reference ranges have also changed and they may not be directly comparable with results from the previous range. If you have any queries, please contact our Biochemistry Department on (02) 9724 2255.

PLEASE NOTE: All testing performed on serum/plasma unless otherwise indicated.

Requested Tests:GLUr,LFT,CK,EUC,Tnl,GFR,FBC,CRP,DDQ,CA,PO4,MG,CAC

Clinical History: 1/7 chest pain , exacerbated by inspiration with radiation to L scapula
PHx:
Pericarditis post covid 3yrs ago

Patient Details:

Patient Name: BIRCH Michael (Male)
Address: 32/7-15 Taranto Road, MARSFIELD NSW 2122
DOB: 24/04/1992

Investigation:

Universal Service Identifier TROPONIN (Tnl)
Text:
Number: 8049240-B049-1
Request By: GARETH KITSON 5274395A
Request Date:
Collected Date: 01/10/2024 12:00 AM
Reported Date: 01/10/2024 12:20 PM

Other:

Laboratory: Austech Medical Labs
Clinical Information:
1/7 chest pain , exacerbated by inspiration with radiation to L scapula|PHx:|Pericarditis post covid 3yrs ago
Practice Order Number: 42707
Laboratory Order Number: 8049240-B049-1

A425 (HOLTER)

HOLTER MONITOR

Indication

Chest pain exacerbated by inspiration and palpitations (strong beats and flutters). Phx pricarditis post covid.

Technique

An ambulatory Holter recording has been carried out, started on Tuesday, 1.October 2024 at 13:16 with an overall duration of 23h 55'. The analysed time (after noise removed) was 23h 40' (99.0%). End of recording Wednesday, 2.October 2024 at 13:11. Initial interpretation was reviewed by a cardiac technician and finalised by a cardiac electrophysiologist.

Findings

The predominant rhythm of the recording was sinus rhythm with intermittent first degree AV block.

The minimum heart rate was 43 bpm (Wednesday, 2.October 2024 at 02:38), the maximum heart rate was 124 bpm (Wednesday, 2.October 2024 at 12:51).

The average heart rate over the whole recording was 60 bpm.

There were sporadic premature atrial contractions observed.

There were no premature ventricular contractions observed.

There were no pauses >3 seconds detected.

The patient reported symptoms of "flutters" at 07:31 on 02/10/24. This time correlated with sinus bradycardia.

Conclusion

There were no significant arrhythmias detected from this recording.

Reported by:

Dr. Henry Chen

Consultant Cardiologist

Requested Tests:holter

Clinical History: 1/52 chest pain exacerbated by inspiration and palpitations(strong beats and flutters).PHx:pericarditis post covid

Patient Details:

Patient Name: BIRCH Michael (Male)
Address: 32/7-15 Taranto Road, MARSFIELD NSW 2122
DOB: 24/04/1992

Investigation:

Universal Service Identifier: HOLTER
Text:
Number: 8049245-A425-1
Request By: GARETH KITSON 5274395A
Request Date:
Collected Date: 01/10/2024 12:00 AM
Reported Date: 04/10/2024 07:50 AM

Other:

Laboratory: Austech Medical Labs
Clinical Information:
1/52 chest pain exacerbated by inspiration and palpitations(strong beats and flutters).PHx:pericarditis post covid
Practice Order Number: 42707
Laboratory Order Number: 8049245-A425-1