



4/16/26 Morning Report with @CPSolvers

"One life, so many dreams" Case Presenter: Ramaswamy (@Dr_RamaswamyS) Case Discussants: Krishna (@krishnasak51767) & Rabih (@rabihmgeha)
<https://clinicalproblemsolving.com/present-a-case/>



Scribing (Saketh)
CC: 33 year old F p/w acute onset pain, numbness, discoloration of right index finger

HPI: sudden onset of pain, numbness of Right index finger, progressive dark discoloration including lateral aspect of the finger from PIP to fingertip . Also reported several months of intermittent numbness and tingling in right thumb, index finger, and Middle finger (particularly at night) associated with hand weakness
 She also reported one episode of numbness in her left third finger with focal hematoma at the volar aspect of 3rd PIP several months prior -> was prescribed naproxen -> resolution of symptoms

No trauma, preceding injury, laceration, crush injury, or animal bite
ROS: No fevers, chills, joint swelling, AP, dyspnea, Nausea, diarrhea

PMH:
 Gilbert
 Asthma

Meds:
 Albuterol
 Loratidine

Fam Hx: -
Social Hx: Biomedical researcher, travel to Mexico (2yrs ago)

Health-Related Behaviors:
 - Not sexually active
 - No tobacco/alcohol use
 -Occasional marijuana

Allergies: no allergies

Vitals: T: nl HR: nl BP: equal on both limbs RR: nl Sat: nl
Exam: Gen: mild distress due to pain in fingers
 Systemic Exam: nl
Extremities/skin:
Right hand: sharply demarcated violaceous dusky discoloration in the right index finger extending from PIP distally to the fingertip. Mild swelling, warmth, and tenderness No flexor tendon sheath tenderness and no tenderness on passive extension/flexion of finger.
 CRT < 2 secs, normal radial and ulnar pulses. Mildly decreased sensation at the fingertip. Intact motor strength.

Notable Labs & Imaging:
Hematology:
 WBC: nl Hgb: nl Plt: nl MCV: nl
Chemistry:
 Na:nl K: nl Cl:nl HCO3: Cr: 1.2 BUN: nl
 AST: nl ALT: nl Alk-P:nl Bili: Albumin:
 ESR: nl CRP: nl LDH: nl, Haptoglobin: nl, PT-INR/PTT: nl
 Blood Cultures: -ve
 HIV, syphilis, Hep B and C: -ve
 B12, Folate: nl, TSH: nl
ANA: 1:320 (elevated) (ANCA -ve, RF -ve, RNA pol 3 -ve)
 UA: nl, UDS: -ve

Imaging:
 Doppler US: normal blood flow in right hand
 TTE: normal
 NCS: isolated mononeuropathy with delayed median nerve conduction - right wrist
 Patient was given naproxen -> improvement of symptoms and resolution after one week

Dx: Achenbach Syndrome

Problem Representation: 33-year-old woman with sudden painful violaceous discoloration of the right index finger, intact pulses and normal perfusion, no trauma, and prior similar self-resolving finger episodes. Further workup showed normal labs and doppler imaging.

- Teaching Points (Varsha)**
- Approach to pain in a macroscopic level-2 reasons- inflammation(redness)/ ischemia (dusky)
 - Inflammation of hands > ischemia
 - Arterial cause of discoloration → Pain vs venous → discoloration alone
 - Raynaud's - rarely focal, (Involvement of only digit → points away from raynaud's?)
 - Pulses - think of microcirculatory disease
 - Suspicious for ischemia → response Rewarming improves (vasospasm, cryoglobulins, cryofibrinogens)/ static ischemia (Thromboemboli/thromboses)
 - ANA + (low specificity) → SLE, Scleroderma, mixed connective tissue disease (If syndromic compatibility)