

10.05.23 MD/PhD Grand Rounds: A 50-year-old Woman with Confusion

Patient Presentation

- 50 YOF patient presents to the ED with 1 week of progressive confusion, slow, slurred speech, inattention, and unsteady gait resulting in a fall while walking.
- Patient unable to answer any questions.
- PMH: Bipolar Disorder, seizure disorder, ulcerative colitis, chronic back pain
- PSurg: Roux-en-Y gastric bypass 12 years ago
- SH: does not work due to chronic back pain, smoked 2ppd for 35years, no alcohol or illicit drug use
- Vitals: BP 89/52 HR 132 O2 96% RA RR 16 T36.8C

Timeline

- 5 months prior: dysphagia → lymphocytic esophagitis (oral fluticasone)
- 3 months prior: Pitting Edema (legs), 3kg weight loss in 1 month
- 2 months prior: 4-day hospital admission for pitting edema (arms and legs), 3kg weight gain in 1 month
 - Hypoalbuminemia due to decreased oral intake
- 1 month prior: 8-day hospital admission for edema, confusion, UTI
 - ↓ albumin, multiple nutritional deficiencies → recommendation of high protein diet, supplements
- 1 week prior: developed worsening confusion and unsteady gait after initiating high protein diet.

Altered Mental Status: MIST

