

Common problems encountered in primary care II.

(cough, runny nose, sore throat, sputum,
tiredness, anxiety, insomnia, headache,
neck pain, limb cramps.)

在初級保健中遇到的常見問題 II.

(咳嗽，流鼻涕，喉嚨痛，痰，疲勞，
焦慮，失眠，頭痛，頸部疼痛，肢體
痙攣)

Dr Hui Chik Kwan.

Director of

Hong Kong Family Medicine Clinic.

Specialist in Family Medicine. MBBS (HKU),
FHKAM (Family Medicine), FHKCFP,
FRACGP, DPD (Wales.)

Cough and Sputum. 咳嗽和痰

- * Time of onset, period of symptoms, happening every year, day or night time, trigger events, sputum production: yellow, green, blood stain;

發病時間, 症狀, 每年發生, 白天或者夜晚, 觸發事件, 痰: 黃, 綠, 血跡;

- * associated conditions: chest pain, wheeze, fever, chills, weight loss. Travel history, the seasonal(季節性) and regional(地區性)epidemiology(流行病)情況.

相關症狀: 胸痛, 氣急, 發熱, 發寒, 體重下降。旅行史, 季節性, 地區性流行病情況

Cough and Sputum. 咳嗽和痰

- * Differential diagnoses: simple viral cough, bronchitis, pneumonia, allergy cough, asthma, Tuberculosis(Hong Kong , Macau , China) acid reflux , foreign , body in child, lung cancer.
- * 鑒別診斷：簡單的病毒引起的咳嗽，支氣管炎，蟲肺炎，過敏性咳嗽，哮喘，肺結核（香港，澳門，中國），酸反流，肺癌。

Cough and Sputum. 咳嗽和痰

- * Investigations: observe, CXR, CT thorax, sputum culture, cytology, bronchoscopy.

檢查：觀察，X線胸片，CT胸部，痰培養，細胞學檢查，纖維支氣管鏡。

- * Treatment: simple medication, antibiotics, nebulised medication, explanation, follow up, refer to specialist.

治療：單純藥物治療，抗生素，霧化吸入藥物，解釋，跟進，參考專家意見

Runny Nose. 流鼻水

- * Time, how long, clear (allergy); 時間，多久，明確的（過敏）
- * greenish (infection); 綠色（感染）
- * blood stained (Nasopharyngeal cancer); 血染（鼻咽癌）
面部疼痛（鼻竇炎）
- * facial pain, (sinusitis): 觸發事件：（冷空氣）
- * trigger events:(cold air), 季節性
- * seasonal, 在使用任何藥物，（噴鼻劑）
口服藥物
- * used any medication before, (nasal spray), 環境條件和變異
- * oral medication,
- * environmental condition and modification.

Runny Nose. 流鼻水

- * Differential diagnoses: allergy rhinitis, simple viral flu, sinusitis, cancer (NPC,鼻咽癌)
- * 鑒別診斷：過敏性鼻炎，鼻竇炎，簡單的病毒性流感，癌症（鼻咽癌）

Runny Nose. 流鼻水

- * Usually no investigation: if necessary: XR sinusitis, CT sinusitis, ENT surgeon for endoscopy, blood tests of allergy panel.

通常不需要檢查：如果有必要：XR鼻竇炎，CT鼻竇炎，耳鼻喉外科醫生，內鏡，過敏面板的血液測試。

Runny Nose. 流鼻水

- * Treatment: simple antihistamine, (side effect of pseudoephedrine, palpitation, poor sleep, elderly with urinary retention); singulair(善古寧);

治療：簡單的抗組胺劑，(鹽酸偽麻黃碱的副作用，心悸，睡眠不好，老年性尿潴留)；善古寧

- * Nasal spray with mild steroid; sea-water saline for wash, humidifier, wear mask, air-filter, avoid cold air, cats, dogs, dust.

輕度類固醇噴鼻；海水鹽水洗，濕度調節器，戴口罩，空氣篩檢程式，避免冷空氣，貓，狗，灰塵。

Sore throat 喉嚨痛

- * Time of symptoms, short time mean infection, long time worried of cancer; fever, chills indicated infection; change in voice, the bacteria get into the vocal cord. Any exudate change, indicate infection. Any ulcer, whether aphous ulcer or hand foot mouth syndrome.

症狀時間，短期感染，長期癌症可能，發燒，寒冷表示感染；變聲；細菌進入聲帶。任何分泌物改變表明感染。任何潰瘍，是否手足口綜合症。

Sore throat 喉嚨痛

- * Treatment: simple symptomatic treatment, lozenges, saline gargles. Start antibiotics for exudative change, fever.

治療：單純對症治療，錠劑，鹽水漱口。分泌物改變，發燒使用抗生素。

Sore throat 喉嚨痛

- * Most difficult cases is multiple ulcers with exudate change, high fever. It is viral infection with secondary bacteria infection.

最困難的情況是多發性潰瘍伴隨分泌物改變，高燒。這是病毒感染並發細菌感染。

Sore throat 喉嚨痛

- * Need antiviral drug antibiotics and anti inflammatory drugs for prolonged period of time.

需要長期抗病毒藥物的抗生素和消炎藥物。

Tiredness, malaise, anxiety, insomnia.

疲勞，抑鬱，焦慮，失眠

- * Physical illness or psychological causes.

身體疾病或心理的原因。

- * Physical(身體上): cardiovascular like, heart failure, ischemic heart disease; liver: chronic hepatitis, liver cirrhosis, liver failure; renal failure; lung: chronic bronchitis, TB infection; anaemia, hypothyroid, cancers of different body parts, from head to toe.

物理（身體上）：心血管疾病，心臟衰竭，缺血性心臟病；肝：慢性肝炎，肝硬化，肝功能衰竭；腎功能衰竭；慢性支氣管炎，肺結核感染；貧血，甲狀腺功能減退，全身各個部位的癌症，從頭部到腳趾。

Tiredness, malaise, anxiety, insomnia.

疲勞，抑鬱，焦慮，失眠

- * Obstructive sleep apnoea syndrome(睡眠窒息症): fat, short neck, enlarged tonsils, heavy snoring, stop breathing during sleeping, day time sleepy, poor concentration. Need to ask the spouse about the condition.

睡眠窒息症：脂肪，脖子短，扁桃體腫大，打鼾，呼吸停止的睡眠，白天困倦，注意力不集中。需要向配偶詢問情況。

- * Inx: sleeps study.

INX：睡眠研究。

- * Tx: CPAP machine,+/- operation to remove tonsils.

Tx: CPAP機，+ / -手術切除扁桃體。

Tiredness, malaise, anxiety, insomnia.

疲勞，抑鬱，焦慮，失眠

- * Psychological causes(精神上): depression, anxiety, schizophrenia(思覺失調), loss job, loss of love partner. (need to rule out physical illness first.)

精神上：抑鬱，焦慮，精神分裂症（思覺失調），失去工作，失去伴侶。（需要首先排除身體疾病。）

Tiredness, malaise, anxiety, insomnia.

疲勞，抑鬱，焦慮，失眠

- * Chronic fatigue syndrome(“長期大懶蛇”):
debilitating fatigue, persistent over 6 months,
reduction in activity and no cause found.

慢性疲乏綜合症 (“長期大懶蛇”): 虛弱疲勞，持續6個月以上，活動減少並沒有發現原因。

Tiredness, malaise, anxiety, insomnia.

疲勞，抑鬱，焦慮，失眠

- * Anxiety: worry too much, nervous, sweating, cannot concentrate at work, affecting working ability, panic attack(驚恐症)

焦慮：太多的擔心，緊張，出汗，不能集中精力工作，影響工作能力，驚恐發作（驚恐症）。

Tiredness, malaise, anxiety, insomnia.

疲勞，抑鬱，焦慮，失眠

- * Insomnia: too busy, too stressful, frequent traveling, over-night work, gambling.

失眠：太忙，太緊張，經常旅行，在夜間工作，賭博。

- * Improvement: exercise at day time ,relaxing music quiet environment, warm bath, hot milk, stop thinking 1 hour before sleep. Try mild sleeping pills if necessary, like stilnox. Do not give strong one: dormicum.

改善：在白天的時間鍛煉，輕鬆的音樂，安靜的環境，溫水浴，熱牛奶，睡覺前1小時停止思考。 如果有必要嘗試溫和的安眠藥，如思諾思 不要給強力藥：多美康。

Headache, Neck pain.

頭痛，頸部疼痛

- * Time, short or long time, position.
- * Associated symptoms: dizziness, vertigo, arm and leg weakness, numbness, slurred speech, loss of consciousness, vision, hearing.
- * Any injury before, fever, level of consciousness, skin rash,
- * Any investigations done before.
- * Any treatment given before, what is the treatment effect.
- * 時間，短或長時間，位置
- * 相關症狀：頭暈，眩暈，肢體無力，麻木，言語不清，意識不清，視力減退，聽力
- * 是否受傷，發燒，清醒程度，皮疹
- * 是否做過檢查
- * 是否做過任何治療，療效如何

Headache, Neck pain.

頭痛，頸部疼痛

- * Headache: do not miss life --threatening causes, like: stroke, (hemorrhage type, ischemic type), brain tumour , meningitis , pituitary gland tumour (vision), subdural haematoma, tension headache, migraine.
- * Others: herpes zoster, (rash with blister appears 2 days after headache), ear infection, throat infection, jaw pain.
- * 頭痛：不要錯過威脅生命的原因，如：中風，（出血類型，缺血型），腦腫瘤，腦膜炎，腦下垂體腫瘤（視覺），硬膜下血腫，緊張性頭痛，偏頭痛。
- * 其他：帶狀皰疹，（頭痛2天後出現疹皰），耳朵感染，咽喉感染，下巴疼痛。

Headache, Neck pain.

頭痛，頸部疼痛

- * Neck pain: degenerative change of spine, osteophytes, sprain neck muscle, prolapsed discs, cervical myelopathy (disc protruding and press on the nerves, hand and leg weakness, poor motor function.)
- * Inx: XR,MRI
- * TX: Oral & topical analgesic.
physiotherapy, finally operation.
- * 頸部疼痛：脊柱退化性改變，骨贅，頸部肌肉扭傷，椎間盤突出，頸椎病（椎間盤突出，神經壓力，手和腿無力，運動功能差。）
- * Inx: XR,MRI
- * 治療：口服及外用鎮痛。理療，最後手術

Limb cramps. 肢體痙攣

- * Both legs or one legs, daytime or night-time, wake up at night, any vascular diseases (peripheral vascular disease, smoking, weakness foot pulses.)
- * blood tests: calcium, sodium and potassium, muscle enzymes.
- * 雙腿和一條腿，白天或晚上的時間，在晚上醒來，任何血管疾病（外周血管疾病，吸煙，腳脈衝無力。）
- * 血液測試：鈣，鈉和鉀，肌酶。

Limb cramps. 肢體痙攣

- * Self treatment: massage, analgesic cream, medication taken, muscle relaxants.