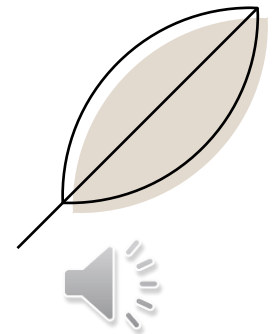


Tango with Thrombosis: A Case of Point-of-Care Ultrasound in the Quickstep Diagnosis of Jugular Vein Thrombosis

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A 34-year-old female with a complex medical history including cystic fibrosis, diabetes mellitus, pancreatic islet cell transplantation, and Ehlers-Danlos syndrome with a right Mediport venous catheter presented to the office with a 3-week history of right neck and shoulder pain following physical exertion (tango dancing), complains of fullness unilaterally in their face, neck, and chest. Shoulder X-ray obtained a day prior was unremarkable.



MSK Physical Examination

Right upper arm: Swelling present.

Right upper arm circumference: 32.5 cm

Left upper arm circumference 29.5 cm

Right elbow: No swelling, deformity, effusions, or lacerations.

Normal ROM. No tenderness.

Right forearm: No swelling, deformity, effusions, or lacerations.

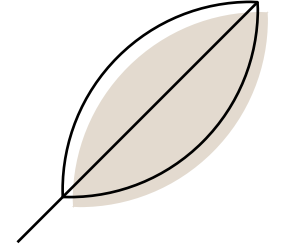
Normal ROM. No tenderness.

Cervical spine: Normal ROM.

No facial or neck swelling appreciated



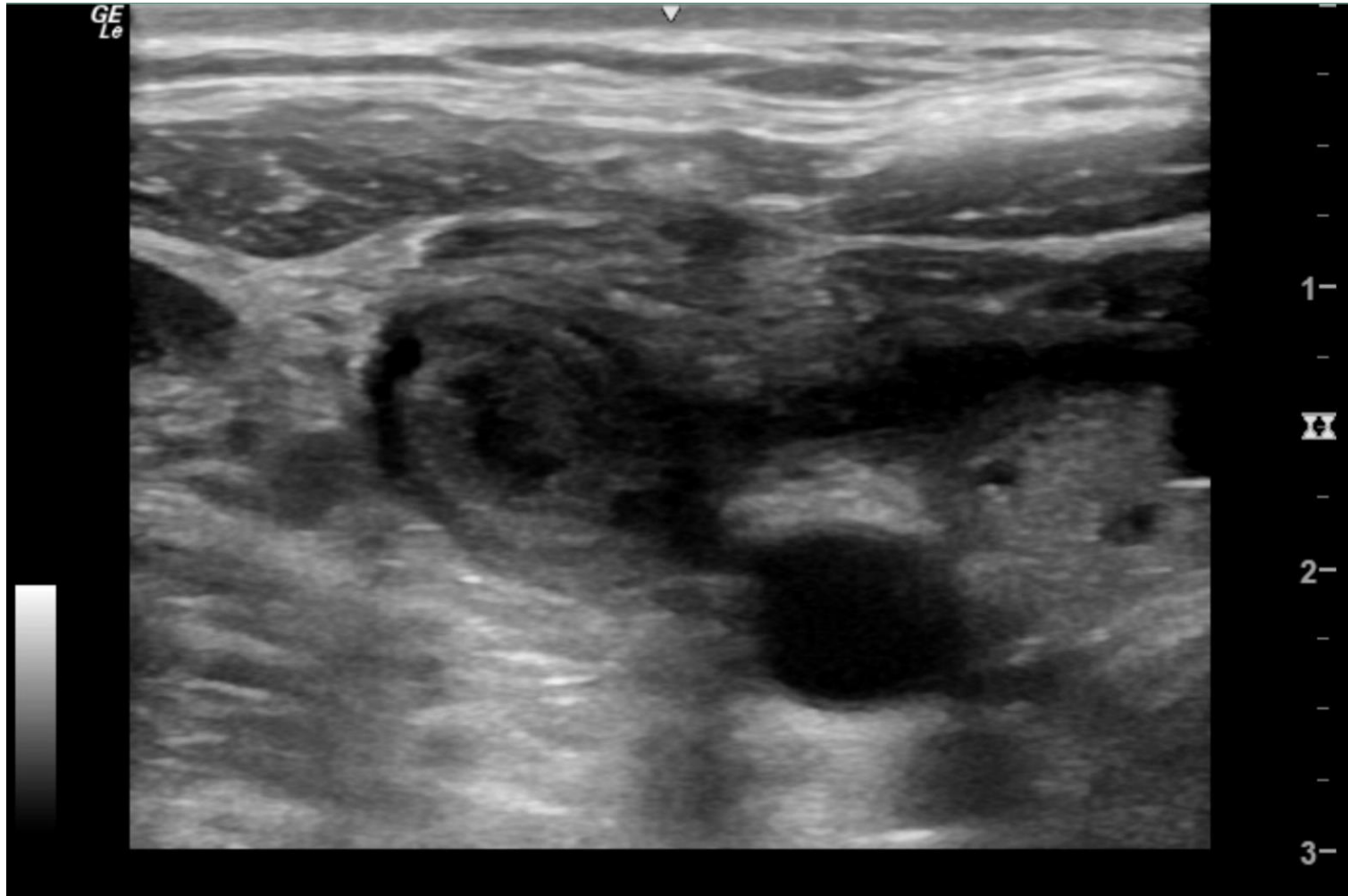
Differential Diagnosis



- Rotator Cuff injury
- Cervical Radiculopathy
- Costochondritis
- Polymyalgia Rheumatica
- DVT
- Thoracic outlet syndrome



Imaging



Point-of-care ultrasound in the office revealed a thrombus in the right internal jugular vein.

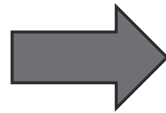


Assessment and Diagnosis



Internal Jugular vein thrombus

The patient was referred to the Emergency Department for further workup and treatment



Right Internal Jugular thrombus was confirmed .

The patient was admitted to the hospital, where her right MediPort venous catheter was evaluated, and further labs were obtained.



Treatment

After reassuring evaluation of the Mediport device, the patient was placed on anticoagulation therapy with Eliquis within the same day of initial presentation.

She experienced a resolution of symptoms with no further related complications.



Discussion

The Role of Point of Care Ultrasound

- Diagnosis of thrombotic events in the outpatient setting
- Evaluation of patients with complex medical histories
- Early detection and intervention



Point-of-care ultrasound can serve as an invaluable tool in the rapid diagnosis and management of thrombotic events in outpatient settings, reducing the need for more invasive procedures and facilitating timely treatment.

Final Takeaways



Thank you



Sources

"Hospitalist-Operated Compression Ultrasonography: a Point-of-Care Ultrasound Study (HOCUS-POCUS)." *Journal of General Internal Medicine*, SpringerLink, <https://link.springer.com/article/10.1007/s11606-018-4653-5>. Accessed 15 Oct. 2024.

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