

Advantages of clinical ultrasound in primary care consultation

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Background

A 63-year-old man presented with a self-limited episode of oliguria followed by pollakiuria and episodes of nonspecific incontinence. For months now, nocturia has been reported, with a weak and interrupted stream of urination. He had no medical history or regular treatment.

Introduction

We present the case of a 65-year-old patient who had constants within normality and unremarkable physical examination. We request control analysis with urine. He returned to the emergency room the next day due to an episode of bilateral lower back pain and difficulty urinating at night. We reviewed the requested analysis where we observed a signifi-



Figure 1: Right Kidney with ureterohydronephrosis grade II-III.

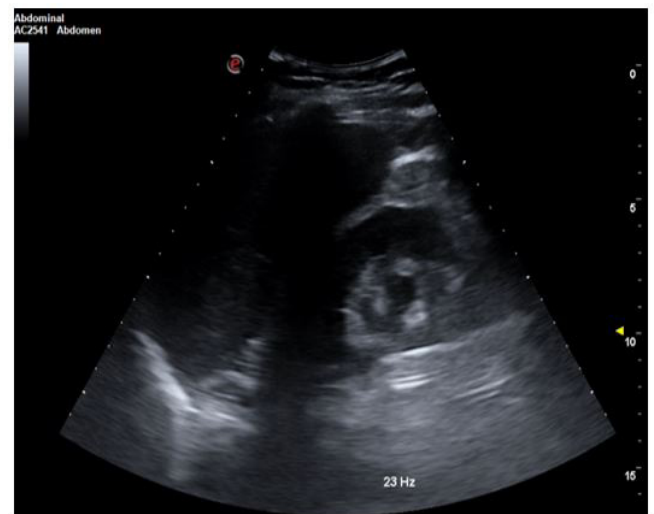


Figure 2: Left Kidney with ureterohydronephrosis grade II.



Figure 3: Refilled bladder and enlarged prostate.

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cant deterioration in renal function, with anodyne urine output, microcytic and hypochromic anemia, a normal iron study, and a prostate-specific antigen of 3.18. Given the new symptoms and the analytical findings, we performed an ultrasound in consultation [1, 2].

Due to suspicion of obstructive uropathy, we proceeded to bladder catheterization, with a volume of urine in a bag of 1L. We started treatment with tamsulosin-dutasteride, we maintained catheterization at home and frequent check-ups. A few days later, he went to the hospital emergency room due to an episode of hematuria with clots, where he was evaluated by the on-call urology team, confirming obstructive uropathy secondary to prostate hyperplasia, pending completion of the study.

Differential diagnosis: Renal colic; glomerulonephritis.

Clinical judgement: Obstructive uropathy due to probable prostatic hyperplasia

Conclusion

In recent decades, the suitability of the Primary Care level for the use of ultrasound in a large number of clinical scenarios in routine practice has been defended, increasing our diagnostic and resolution capacity.^{1,2} It is important to establish the indications and usefulness of ultrasound in those more cost-effective situations in which its use modifies our behavior and guides our decisions.

Conflict of interest: The authors declare no conflicts of interest.

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