HYPerventilation Syndrome Occurring at Financial Counter of Medical Center

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ABSTRACT

The psychological stress is a common medical problem. This problem is observable worldwide. Hyperventilation syndrome is an important psychological disorder due to the anxious state. Sometimes, hyperventilation syndrome might occur at an unusual place and becomes an interesting case study. In this short report, the author presents a case of hyperventilation syndrome occurring at financial counter of medical center. The root cause analysis show that the patient got stress from the high medical fee.

Keywords: Hyperventilation syndrome, financial, medical center

INTRODUCTION

Based on the holistic concept in clinical practice, the bio-psycho-social-spiritual dimensional approach for a patient is required. The psychological underlying background of the patient is very important in clinical management. There are several medical disorders that are resulted from the abnormalities in psychological backgrounds of the patients. Several psychological problems can firstly manifest as a physical symptom. The medical personnel should recognize that a clinical presentation might have an underlying psychological etiology.

The psychological stress is a common medical problem. In this syndrome, the patient with anxiety might express the very rapid respiration and over exhausting of carbon dioxide in breath and can further induce hypocalcemia. This problem is observable worldwide. Hyperventilation syndrome is an important psychological disorder due to the anxious state. This problem is a common psychological disorder seen worldwide. Sometimes, hyperventilation syndrome might occur at an unusual place and becomes an interesting case study. In this short report, the author presents a case of hyperventilation syndrome occurring at financial counter of medical center. This case way observed by a non – clinical medical worker in the medical center, hence, the first could not be firstly recognized at the site. In the present case, the root cause analysis show that the patient got stress from the high medical fee.
CASE REPORT

This is an incidence report in a primary care unit of a medical center. The medical clerk in financial counter of the medical center observed that there was an old female patient presenting an abnormal symptom. The patient expressed a very fast breathing. Then the patient developed abnormal hand contraction. The medical clerk called for help from the other units noting that there was a patient with seizure. The nurse rapidly went to the financial counter and delivered the patient to the nearby out-patient-department (OPD) room for further clinical management. At the OPD room, this patient was managed as a case with hyperventilation syndrome. After controlling of breathing by mask coverage, the patient returned to normal within 5 minutes. Further history taking showed that this case was a 58 years old female patient who had just visited to the physician at the family medicine unit of the primary care section of the medical center. The patient had underlying diabetes mellitus and hypertension. On that day, the patient was ordered for blood test. The patient noted that she had very low income and fear about the high medical fee for blood test. She felt very anxious during sitting and waiting for payment in front of the financial counter. Finally, she developed the symptom that was observed by the medial clerk at the financial counter. This case was further managed by psychological support. Indeed, the patient had the social welfare right under national universal coverage policies and required to pay no medical fee for blood test. Nevertheless, the patient did not know this information and also did not ask. Also, the nurse in charge of the primary care unit did not explain this information to the patient before asking the patient to go to the financial unit for clearing of the medical fee bill.

DISCUSSION

Hyperventilation syndrome is a common psychological problem that needs good clinical management. Folgering noted that “Hyperventilation is defined as breathing in excess of the metabolic needs of the body, eliminating more carbon dioxide than is produced, and, consequently, resulting in respiratory alkalosis and an elevated blood pH.” Pfomuatller et al, mentioned that “Hyperventilation is a diagnostic chimera with a wide spectrum of symptoms. Patients predominantly are of young age, female sex and often have psychiatric comorbidities.”

The management of the case can be easily performed by controlling of the respiration rate. The use of plastic bag coverage for control of breathing is a basic simple technique for management of the patient. Indeed, hyperventilation might occur at any place. The incidence usually follows a psychological stress. If it is not recognized, one who meets the case might think that the patient has a serious clinical problem. There are many patient with hyperventilation brought to the emergency unit of the medical center in each year. In the present case, the incidence occurs at the primary care unit. The underlying psychological attack is the fear of the medical charge. Indeed, the medical charge is a big concern of the patient and is little mentioned in clinical care. According to a recent study on payment for medical care, Saultz et al. noted that “Patients were under personal and family economic stress.”
During waiting for clearing of medical fee bill, the patient developed the clinical problem in front of the financial counter. The medical clerk at the financial counter did not recognize the problem and thought that the patient developed seizure. Indeed, as previously noted, hyperventilation syndrome can occur at anywhere including to medical center. The medical personnel, at any levels, in medical center should recognize this condition and can appropriately give the basic management to the case.

CONCLUSION

Hyperventilation syndrome is an important medical disorder that needs good psychological management. The occurrence of hyperventilation syndrome might occur elsewhere. In medical center, hyperventilation syndrome might also occur. The medical personnel in medical center should recognize this problem and can properly manage the case. In addition, there should be a good system to check that the medical service system does not induce anxiety to the patient.

CONSENT

The author obtained written informed consent from the patient for the publication of this article.

COMPETING INTERESTS

The author declares no competing interest.

REFERENCES