

CC: Painful joints (Knees)
HPI: 14-yo female, constantly complaining of worsening pain in the right knee for 14 days, also complained about sporadic palpitations.

Mom states the pain has been alternating between both knees, also complained about pain in shoulders and elbows

Vitals: T: 39 C HR:124 BP: RR: 30 SpO₂:
Exam:
Gen: regular appearance
HEENT: lymph node in the cervical region
CV: systolic murmur in mitral area 3/6 intensity
Pulm: wnl
Abd: wnl
Neuro: wnl
Extremities/Skin: edema and increase temperature in knees and elbows

Problem Representation:
ENG: 14 yo female with subacute migratory polyarthritis with recent history of URTI symptoms.
ESP: Mujer de 14 años con poliartitis migratoria subaguda y antecedente reciente de síntomas respiratorios altos.
POR: Menina de 14 anos, queixando-se de piora de dor no joelho direito por 14 dias e dor nos ombros e cotovelos, também queixando-se de palpitações esporádicas, com história de infecção de vias aéreas superiores há 2 semanas.

Notable Labs & Imaging:
Hematology:
WBC: Leukocytosis

ANA negative
CRP 55
ASLO titer: 500

Imaging:
EKG: prolonged PR interval

Final dx: Acute Rheumatic Fever

Teaching Points (Gabi Pucci):

- "Painful joint is not always a painful joint!" Look for bursitis, tendinitis ... or other causes or peri-articular disease! Painful joints: arthralgia versus arthritis
- Rule out: septic arthritis! Look for infection/non-infectious etiologies: fever/systemic illness/redness in the joint
- Define the complaint: time course, what are the joints/migration of the pain/distal versus proximal, symmetry, prior history, who is the patient?
- Pediatric patient: infection and malignancy, inflammatory causes like idiopathic juvenile arthritis
- Heart 🫀 + Joint 🦿: endocarditis from a septic joints/acute rheumatic fever/ Lyme disease (arthritis and heart block)/SLE
- Migratory joint pain causes: gonorrhea, viral infection, SLE, leukemia
- **Acute rheumatic fever:**
 - MAT (mitral valve -> Aortic valve -> Tricuspid valve)
 - Major criteria: J♥NES: Joints / Heart / Nodules (subcutaneous) / Erythema marginatum / Sydenham chorea
 - Minor criteria: 😊 PEACE: Previous rheumatic fever / ECG with PR prolongation / Arthralgias / CRP and ESR elevated / Elevated temperature
- Prolonged PR interval can be present in ~20% of rheumatic fever

Past Medical History:
CAP hospitalization at the age of 6 "Flu" 2 weeks ago (pain while swallowing and sore throat)

Meds: none

Family History: not relevant

Social History: Lives in North of Brazil - near Amazon forest

Health Related Behaviours: not relevant

Allergies: not relevant