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# Clinical Case Reports

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## Death of a middle-aged man after long term abuse of a combination anticholinergic, beta blockers and narcotic drugs: A suspected Munchausen syndrome case report

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**Background:** Munchausen syndrome is a mental illness, in which a person repeatedly acts as if he or she has a physical, emotional or cognitive disorder when, in truth, he or she has caused the symptoms. Although it has been described in the medical literature as “seeking attention” tool, Munchausen syndrome in this case report is also suspected to be the cause for drug addiction.

**Case descriptions:** This was a 45-year-old male patient with multiple medical complains over the years, most of his complaints could not be explained on clinical or organic basis. We believe that his main goal was to justify his drug seeking behavior and to obtain different forms of secondary gains and social security support. The patient was secretly abusing a cocktail of anticholinergic and narcotic drugs which we believe eventually led to his death. He claimed to have chronic headaches and back pain and caused self harm such as intentionally opening the surgical wound over his pace-maker, in order to obtain narcotic analgesics. Moreover, he was secretly taking a beta-blocker without any prescription to deliberately induce bradycardia so that he could obtain atropine from the hospital.

**Conclusion:** This case report is important because missing the diagnosis of Munchausen syndrome possibly resulted in the inappropriate course of action in his treatment. There could have been some use of psychoanalysis and cognitive behavioral therapy or an addition of a selective serotonin reuptake inhibitor. Moreover, this case reports the abuse of beta blockers for the sake of causing bradycardia and seeking anticholinergic drugs. It is suggested that clinicians consider the specific motivation for drug abuse in all cases of factitious disorders such as Munchausen syndrome and avoid any assumption that it has been carried out for the purpose of controlling genuine symptoms. Involvement of psychiatrists is strongly recommended.

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## Barriers towards physical activity among students enrolled in Universiti Sains Malaysia

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**Objective:** To explore the barriers and factors that affect the physical activity and to find solutions in order to minimize identified barriers.

**Methods:** A descriptive cross-sectional study was designed and carried out by using pre-validated questionnaire. The questionnaires were distributed equally among students from eight different schools in Universiti Sains Malaysia (USM) (n=480). The data were analyzed using Statistical Package for Social Sciences (SPSS) version 16.0. Descriptive statistics (Frequencies and Percentages), the chi-square test and the Cramer's V-test were applied to evaluate any possible association between barriers towards physical activity among students and the demographic data.

**Results:** Findings highlight that more than half of the respondents, 54.0% agree that they are thinking of having physical activity but they just failed to get started exercising. Meanwhile, 55.4% of the total sample shown their disagreement, that they did not have an access in university to proper facilities such as swimming pool, jogging trails, bike paths for physical activity. Interestingly, more than half of the students 54% have been thinking about getting more exercise but they just cannot seem to get started. In contrast, 50.4% asserted that they do not get enough exercise because they have never learned the skills for any sport.

**Conclusion:** Overall, it is not easy to quantify physical activity, however it can be concluded that, among the Universiti Sains Malaysia students, internal barriers prevail over the external ones. A well-organized and systematic approach for the promotion of physical activity requires for university students in order to stay healthier.

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