

## A Case of Acupuncture Induced Pneumothorax

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**Abstract :** Context: This case report discusses a rare and serious complication of acupuncture induced pneumothorax. The patient presented with acute chest pain and shortness of breath following acupuncture treatment for chronic elbow pain. Despite the generally safe reputation of acupuncture, pneumothorax can occur as a result of the procedure. This case highlights the importance of recognizing pneumothorax in patients who have undergone acupuncture treatment without any significant pre-existing lung disorder. Research Aim: The aim of this study is to report a case of acupuncture-induced pneumothorax and emphasize the importance of early detection to prevent the development of tension pneumothorax. The study also aims to raise awareness about the potential safety concerns of acupuncture for individuals who are lean and/or have underlying lung disorders, particularly when treatment is administered in high-risk areas such as the interscapular region. Methodology: The research methodology used in this study involved a retrospective chart review. Following informed consent, the researchers obtained information from the patient's medical records to gather relevant details about the case, including the patient's symptoms, medical history, and the acupuncture procedure performed. Findings: The case report describes the symptoms and physical examination findings of the patient, which led to the diagnosis of pneumothorax. The patient experienced sudden onset chest pain and shortness of breath, which occurred one hour after receiving acupuncture treatment. Physical examination revealed a mild increase in the work of breathing, reduced right sided chest excursion, and decreased breath sounds in the right upper lobe. A chest X-ray was done, which confirmed the presence of a moderate-sized right apical pneumothorax. Prompt intervention with a right pigtail catheter prevented the development of tension pneumothorax, and the patient's lung expansion was restored. Theoretical Importance: This case report highlights the importance of considering acupuncture-induced pneumothorax as a potential complication, even in patients without identifiable risk factors. It emphasizes the significance of early detection and appropriate management to prevent potential life-threatening complications. The study also contributes to the existing literature by drawing attention to the safety concerns associated with acupuncture for thin, lean individuals, particularly those with underlying lung disorders. Data Collection and Analysis Procedures: The data for this study were collected through a retrospective chart review. Information was obtained from the patient's medical records, including symptoms, medical history, and diagnostic findings. The analysis involved examining the relationship between the acupuncture procedure and the development of pneumothorax, as well as the effectiveness of the intervention in preventing tension pneumothorax. Conclusion: In conclusion, this case report highlights a rare but serious complication of acupuncture - pneumothorax. It emphasizes the need for vigilance and clinical suspicion in patients who present with chest pain and dyspnea following acupuncture treatment. Early detection and appropriate intervention can prevent the progression of tension pneumothorax. Clinicians should exercise caution when performing acupuncture on individuals with underlying lung disorders, particularly in high-risk areas.

**Keywords :** acupuncture, pneumothorax, pigtail catheterization, pleuritic chest pain

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