

CLINICAL PROBLEM SOLVING EXERCISE FOR M1

CASE STUDY

A 35 year old Ilorin man, an *Alfa*, was diagnosed with hypertension because of BP readings which averaged 150/102mmHg supine, 160/100mmHg on three consecutive occasions over a three month period. His father died suddenly at home aged 60 years and was buried according to local custom. His mother now aged 70 is well and living independently. The other siblings of are well according to him and he is number 3 out of 5. Physical examination revealed body weight 78kg, height 1.6metres. Heart had an occasional S4 and the rest of the physical evaluation was unremarkable. FBS was 6.5 mmol, total cholesterol 6.2mmol, HDL 1.8mmol and Urea & electrolytes were within normal limits.

The following daily medications were given: lisinopril 10mg, metformin 1000mg, aspirin 75mg and atorvastatin 10mg. And he was given an 8-week clinic appointment to return.

Six weeks later, the patient presented at A/E because of severe breathlessness and noisy breathing. He was agitated, sweating profusely,

and tachypneic (RR 39/min), and expiration was prolonged with diffuse musical rhonchi. JVP was normal and no pedal oedema was evident.

1. What is the likely A/E diagnosis?
2. What bedside test was done to establish the diagnosis and monitor response to the therapy given?
3. What is the BMI of this patient?
4. Translate the drug treatment into standard prescription sheet.
5. Critique the initial drug management in this case.

6. Which consumer protection agency will you notify of this case and name the form you will use to do this.