

CASE 1

Level of
Therapeutic
Difficulty:

3

Hypertension; Impaired Glucose Tolerance

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▼ CASE 1 SCENARIO

Patient and Setting: ER, a 45-year-old Hispanic male; private physician's office

Chief Complaint: Six-month follow-up visit. Patient requests information on antihypertensive drugs and their side effects, concerned about sexual performance

History of Present Illness: Asymptomatic; patient previously counseled on lifestyle changes; has seen nutritionist and has lost 2.5 kg; HR 90, BP 148/96, elevated GGT (50)

Past Medical History: Exam 6 months ago revealed BP of 146/94 mm Hg and 2-hour postprandial glucose level of 150 mg/dL; lifestyle modifications recommended at that time

Past Surgical History: No surgical history

Family/Social History: Eats "typical American diet"; admits to 2 alcoholic drinks/day; non-smoker; denies recreational drug use; self-employed contract worker; has limited insurance without pharmacy benefit; family history of type 2 DM (mother and aunt); father has HTN

Medication History: Avoids all medications, including OTC medications

Allergies: NKDA

Physical Examination:

GEN: WD WN, hostile-acting male

VS: BP 148/96, HR 90, T 37°C, RR 14, Wt 88 Kg (195 lbs), Wt 2 months earlier 90 kg (200 lbs), Ht 180 cm (5'11"), waist circumference 107 cm (42")

HEENT: Normal, no evidence of hypertensive retinopathy

COR: Not enlarged

CHEST: Clear to auscultation

ABD: No organomegaly, no bruit, mildly obese

GU: Not performed

RECT: Not performed

EXT: WNL

NEURO: WNL

Results of Pertinent Laboratory Tests, Serum Drug Concentrations, and Diagnostic Tests:

Hct: 46

SCr: 1.2

Na: 145

K: 4.2

AST, ALT: WNL

GGT: 50

TC: 235

HDL: 35

TG: 300

LDL: 140

Fasting glucose: 120

Urinalysis: (-) protein glucose

ECG: Normal, HR 78

▼ Case 1 SOAP NOTE

CASE 1 PROBLEM LIST

S: _____

1. _____

O: _____

2. _____

A: Problems:

3. _____

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

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7. _____

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7. _____

P: Problem 1: _____

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Problem 2: _____

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Problem 3: _____

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Problem 4: _____

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Problem 5: _____

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Problem 6: _____

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Problem 7: _____

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CASE 1 QUESTIONS

1. Which of the following ACE inhibitors requires multiple daily doses to affect blood pressure control? (EO-6,15)

- a) Lisinopril
- b) Perindopril
- c) Trandolapril
- d) Captopril

2. Which of the following is a side effect unique to captopril? (EO-10)

- a) Dysgeusia
- b) Cough
- c) Rash
- d) Hypotension

3. After hypertension, the next clinical problem requiring management in ER's case is: (EO-14,15)

- a) Weight
- b) Glucose intolerance
- c) Dyslipidemia, mixed hyperlipidemia with low HDL
- d) Alcohol excess

4. Which of the following is not a psychosocial issue in appropriate hypertension management? (EO-14,15,16,17)

- a) Weight/dietary counseling
- b) Pharmacologic management of hypertension
- c) Encourage patient to decrease alcohol consumption
- d) Encourage exercise

5. Which of the following economic factors is least likely to affect choice of therapy and compliance: (EO-12,15)

- a) Pharmacy benefit
- b) Rationing of resources
- c) Availability of alternative drug therapies
- d) Dosing

6. What underlying pathophysiologic mechanism may explain this patient's development of hypertension? (EO-1,4,5)

- a) Hypercholesterolemia
- b) Glucose intolerance
- c) Insulin resistance
- d) Hypertriglyceridemia

7. Which of the following is not an adverse effect of monotherapy with an ACE inhibitor? (EO-10)

- a) Cough
- b) Angioneurotic edema
- c) Postural hypotension
- d) Hyperkalemia

8. ACE inhibitor therapy should be used with caution in patients with: (EO-1,5,8,12)

- a) Diabetic nephropathy
- b) Impaired glucose tolerance
- c) Chronic renal disease
- d) Renal artery stenosis

9. A well-established risk factor for first-dose hypotension with an ACE inhibitor is: (EO-14)

- a) A high-salt diet
- b) A low-salt diet
- c) A high-fat diet
- d) A low-fat diet

10. Which of the following side effects did ER consider most detrimental to his quality of life? (EO-16)

- a) Erectile dysfunction
- b) Cough
- c) Hypotension
- d) Serum potassium

See test forms on page S159