

Vera

Vera is a 75-year-old woman who lives with her husband in a house. The nearest community with a grocery store and pharmacy is 30 km away. The husband is driving, and they usually go shopping about once a week. Vera is the one who takes care of most household work and she keeps track of both her husband's and her own medications using "dosett boxes" that she fills every Sunday.

She is currently admitted to an internal medicine ward due to chest pain, not relieved by nitroglycerin. The pain subsided after 5-10 minutes but it made her worried and her husband drove her to the emergency department at the hospital.

Information from Vera's journal entries:

Two myocardial infarcts, in 2012 and 2014 – since then problems with effort angina.

Essential hypertension since 1995

Diet controlled Type 2 Diabetes since 2008

Osteoarthritis of the knees and hips, pain problems

Laboratory results and examinations:

Troponin levels normal and ECG show regular rhythm, no sign of new infarction

Blood pressure 130/75

Weight 64 kg, height 165 cm, no central or peripheral edema

Respiratory examination without remarks

Diffuse pain epigastrium

Pain when walking

P-Na 140 mmol/L (137-145)

P K 3.9 mmol/L (3.5-5.0)

GFR 63 ml/min

P-CRP 8 mg/L (<5)

B-Hb 106 g/L (120-150)

B-MCV 79 fL (82.0-98.0)

FHB +

B-HbA1c 50 mmol/mol (31-46)

P-glucose 6.4 mmol / L (4.0-6.0)

List of drugs from the hospital Medication Administration Record (MAR) on day 1:

Aspirin 75mg	1 + 0 + 0 + 0
Simvastatin 10mg	0 + 0 + 0 + 1
Bisoprolol 5mg	1 + 0 + 0 + 0
Bendroflumetiazid 2.5mg	1 + 0 + 0 + 0
Imdur (isosorbid mononitrate) 60mg	1 + 0 + 0 + 1
Nitrolingual spray	1-2 prn
Paracetamol 500mg	1-2 prn max 8/day

Information from the patient interview

Vera says that she uses her medications as directed and never misses a dose. She tells you that she also has a prescription for Diclofenac 50 mg prn and she usually takes 2-3 tablets per day as pain is a major problem that limits her mobility. She sometimes adds a paracetamol tablet. Another tablet she says she is prescribed is Citalopram 20mg, one tablet in the morning. She only takes the tablet occasionally however, against anxiety. The Nitroglycerin spray she uses several times a day.