ANXIETY-OCD

A 23 yoa female slides into your clinic. You know something is funny when she enters your office and closes the door three times before taking a seat. She says that after a severely violent breakup with her “old man” her injuries caused her to loose the baby in her second trimester. She was in the hospital for a month but she has found that she repeats sentences in her head and does simple tasks multiple times which comforts her. It is affecting her life and her ability to get back out in the world and get living. She has tried CBT with a councilor who says she has anxiety and probably OCD. She wants to know if there are any other options to help her “get back to a normal life”

BP 12/80

HR 87

Non smoker

CBC and Blood Chem are all within normal indicies.

Please write a PICO question for this case.

What are 5 therapeutic options for this patient.

Write a prescription

What are you monitoring for?

ASTHMA

A 27 yoa male persian/english pt saunters into your clinic. He has been trying to control his symptoms of asthma for years but it is still a problem. He has had trouble playing soccer with his team during games and training.

He occasionally take tylenol (acetominophen) and curcumin extract for aches and pains. He enjoys Player’s Light cigarettes socially when drinking > 3 nights per week but admits to having a smoke here and there almost every day.

HR 67BPM

RR 12PM

BP 123/87 on three consecutive visits

He has no allergies and has no other complaints.

Medications

Salbutamol >6 times per week

Ipratroprium

What are your goals of therapy?

List 5 treatment options.

Select one treatment option, justify it and write a prescription for this patient.

Who and what are you monitoring for. Give timelines.

Your career hinges on this question... you have 20 minutes.

PEPTIC ULCER

A 43 yoa Woodbridge male with obvious abdominal obesity slips into your office. With his back to the wall he tells you that he is getting abdominal pain, lethargy, dark tarry stools and he “feel like shit”. You recognize him as the leader of a local syndicate in the general area though he describes his job as “waste management”. You have to ask him several times to put out his cigarette and the look he gives you each time is chilling and you doubt that he is ready or willing to quite. He has had his symptoms for more than a year. He needs to get resolution soon, he is worried that being in your office will indicate weakness to his enemies.

He has an assortment of etoh beverages every day.

He has been taking antacids by the pound with no avail.

He had a life threatening experience in the hospital last year with an ABX called ampicillin.

He admits to occasional recreational drug use but he not specific. (he sniffs often)

BP 139/84

HR 84

RR 12

CHL ratio 6

BP 135/75

Smoker

Calculate this patients cardiovascular risk

List five pharmacologic options for this patient

Which would you choose and why?

What are you monitoring for and what are your timelines?