

CASE NOTES – Obesity & Sleep Apnoea

SAMPLE ANSWER Task 1 (Dietitian)

Mandeville Nutrition Centre

13 March, 2019

Dear Mr. Abdullah,

Re: Martina Rogers, 19 y.o.

Thank you for your assistance with weight loss for this lady whose obesity is now associated with hypertension and possible obstructive sleep apnoea.

I first saw Ms. Rogers on 5 March for chronic fatigue, frequent waking at night, and snoring. She also reported shortness of breath on exertion and difficulty focusing at her clerical job, but no palpitations or nocturia. In the last week, her fatigue caused her to fall asleep twice on the bus, missing her stop.

Physically, Ms. Rogers looks exhausted, has a BMI 33.9, LDL 4.2 mmol/L, and home monitoring of her blood pressure over the last week confirmed hypertension (minimum 140/82; maximum 148/90) for which she has been given Losartan 25 mg o.d. Her blood and urine tests are normal, as are her ECG, CT-scan head and neck, and chest X-ray. She kept a record of her sleep patterns and noted 4-5 episodes of sudden waking each night. Based on this, and her roommate's complaints about her loud snoring, I suspect obstructive sleep apnoea and have referred her to an ENT specialist.

Ms. Rogers neither drinks alcohol nor smokes, but both her parents are obese, and she has been obese herself since childhood. In light of her complications, she has been counselled on the need for weight loss, including lifestyle changes.

Please contact me if you have any further questions.

Best regards,

Dr. Brady

220 words