

CASE NOTES – TIA & Fall Risk

WRITING SUB-TEST: **MEDICINE**
TIME ALLOWED: **READING TIME:** **5 MINUTES**
 WRITING TIME: **40 MINUTES**

You are the Head Ward Nurse on a medical ward. Below are case notes of your patient. Read the notes and complete the task that follows.

NOTES:

Patient: Roger Matthews **Date of birth:** 82 years old

Address: Mandeville Assisted Living Community

Medical Hx: Transient ischemic attack (TIA) 1 year ago – followed up by neurologist & GP
No diabetes or hypertension

Routine medications: Aspirin 100 mg o.d.

Social Hx: Widowed 4 years ago. Enjoys daily country walks. Non-smoker. Moderate drinker. Son lives in another state.

Family history: Nil significant

28 June, 2018 A&E Department

Complaints: Fell 45 minutes ago while out walking. Loss of consciousness– patient cannot remember (confused). Pain in head and left arm.

Examination: mm – pink, dryish BP 151/98 Other vitals normal ECG normal

CVS / RS / Abdomen – normal

CNS - moderately confused but obeys instructions without assistance. Glasgow coma scale 4-4-6. Pupils equal and reactive. Reflexes normal R=L

Minor scratches to upper R arm bruised, tender but normal function

Lab tests: Full blood count – normal; blood alcohol – 0; Blood glucose – normal;
PT/PTT – normal INR 1.9 LDL 198mg/dL
Na & BUN– mildly elevated; ECG - normal
CT scan head – no abnormality

Diagnosis: 1) ?Transient ischemic attack (TIA) 2) mild concussion 3) mild dehydration

Management: 1) Admit to ward
2) IV fluids for rehydration
3) Plavix 300 mg and Aspirin 325 mg p.o stat

CASE NOTES F – TIA & Fall Risk

29 June, 2018

Subjective: Slept well. Still does not recall falling. Knows his address, date of birth and roommate's name.

Objective: Alert; responses appropriate GCS 4-4-6. BP 142/82; PR 78/min; Temp 37.3C.

Roommate brought clothing and toiletries; provided details: Mr. Matthews had a fall in his room a month ago. Roommate found him and helped him to his feet. Mr. Matthews told roommate that just before the fall, his right had started shaking and he became dizzy. Felt normal again within half hour → refused medical attention. Roommate not confident Mr. Matthews always takes his aspirin.

Diagnosis: Recurrent TIA

Management: 1) Discontinue IV
2) MRI → no abnormality seen
3) Plavix 75 mg AND Aspirin ER 162.5 mg p.o. once daily

1 July, 2018

Observations: Patient slept well; anxious to go home. Now recalls feeling weak and dizzy before his fall.

Discussed diagnosis and increased risk and dangers of fall in future. Patient consents to son and assisted living facility admin being informed.

Management: 1) Discharge
2) ASA extended release 162.5 p.o. once daily
2) Update patient's son, GP and neurologist
3) Letter to assisted living facility about increased fall risk
4) Schedule for angiography

WRITING TASK

Using the information in the case notes, write a summary letter to the Head Nurse at Mandeville Assisted Living Community outlining Mr. Matthews most recent issues.

In your answer:

- **Expand the relevant notes into complete sentences.**
- **Do not use note form**
- **Use letter format**
- **The body of the letter should be approximately 180 – 200 words**