

## CASE NOTES E – Peptic Ulcer Disease

**WRITING:**                      **NURSING**  
**TIME ALLOWED:**        **READING TIME:**            **5 MINUTES**  
   **WRITING TIME:**            **40 MINUTES**

You are the head nurse at a general practitioner's office. Read the case notes below and complete the task that follows.

**Patient:** Martin Pine        **Age:** 34                                      **Marital status:** Married  
**Height:** 182 cm            **Weight:** 61 kg        **BMI** 18.4 (normal 18.5 – 24.9)

**Past medical history:** 18 yo - appendectomy  
27 yo - Gastritis. Given omeprazole for "about a month"  
Endoscopy: inconclusive. Adverse reaction during sedation – mild hypotension, treated with IV fluids → recovered without complications.

**Routine medication:** Ibuprofen for muscle/joint pain. Antacids as needed.

**Personal background:** Financial adviser. Lives with wife. No children. Hobby marathon runner. Alcohol and smoking only occasionally, socially.

**Family:** Parents/siblings – nil significant.

### 19 July, 2019

**Main complaints:** Dizzy spells x 2 days. Tires easily x 3 months. Can't run as far as before.  
No shortness of breath, palpitations or syncope.  
"Indigestion" before and after meals x 1 year. Nausea occasionally. No vomiting or diarrhea. Discomfort can interfere with falling asleep.  
Eats 2-3 small meals a day - no fat, meat, green vegetables, beans (↑discomfort).  
Takes protein supplements when preparing for marathons.  
Slow weight loss x 2 years (8 kg) - attributes to ↑ job workload/ more marathons.

**Examination:** Thin, pale, tired-looking. BP 132/71. PR 52/min, reg  
Resp / CVS – nil significant            ECG - normal  
Abdomen – mild epigastric tenderness; no guarding. Rectal - normal.

**Diagnosis:** 1) Chronic gastritis  
2) Borderline underweight

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- Management:**
- 1) Full blood count, liver enzymes, fecal occult blood
  - 2) Omeprazole 20 mg o.d.
  - 3) Review in 1 week with results
  - 4) Discontinue Ibuprofen, smoking and alcohol completely

**26 July, 2019**

**Complaints:** Taking meds → improvement in abdominal discomfort. Appetite and fatigue same.

**Examination:** No change since last visit

**Lab results:** Hb – 9.8 (MCV-78; MCHC-30)    WBC, ESR, clotting – normal  
Liver function – normal                      Fecal occult blood - positive

**Diagnosis:**

- 1) Occult GI bleed → ?peptic ulcer
- 2) Microcytic anemia
- 3) Borderline underweight

- Management:**
- 1) ↑ Omeprazole - 40 mg o.d. (morning)
  - 2) Refer for GI endoscopy/colonoscopy
  - 3) Refer to dietitian for nutrition and weight gain

### **WRITING TASK 1**

Using the information in the case notes, write a referral to the dietitian, Mr. Jared Adullah, Meadowbrook Clinic, requesting intervention with nutrition needs.

**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**

### **WRITING TASK 2**

Using the information in the case notes, write a letter to the Head Nurse at the Gastroenterology Laboratory, requesting GI endoscopy/colonoscopy.

**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**