

## BPME Case notes – Hypertension/Glaucoma – Module 10

### WRITING SUB-TEST: NURSING

**TIME ALLOWED: READING TIME: 5 MINUTES**

**WRITING TIME: 40 MINUTES**

You are a local community health centre nurse. Read the notes below and complete the writing task that follows.

#### **NOTES:**

**Patient:** Berta Jackson **DOB:** 4 April, 1938

**Age:** 81 y.o. **Marital status:** Widow

**Address:** 4a Terrace Road, Whitfield

**Next of kin:** Daughter, Becca Green, 56 y.o. realtor.

**Social Hx:** Retired realtor. Husband died 9 years ago in motor vehicle accident. 2 sons, 1 daughter. Non-drinker. Non-smoker.

Lives alone. No longer drives. Complains of loneliness and inability to get around as much as before. Moving closer to daughter in Moorington and needs transfer letter for new community health centre.

**First seen here:** 16 Jan 2008

**Last seen here:** (today) 23 July 2018

**Current status:**

- 1) Hypertension (HPT) – stable
- 2) Osteoarthritis (OA) – occasional flare-ups requiring walking frame and help with some activities of daily living (ADLs)
- 3) Open-angle glaucoma (OAG) - stable

**Current medications:** HPT - Losartan 50 mg/day; OA - Paracetamol 500mg q6 h; OAG - Latanoprost eye drops o.d. (evenings)

#### **Care Hx:**

**January 2008** Back pain x 3 weeks after playing with 6 y.o. grandson. No neurological issues. Received Ibuprofen 400 mg q8h for pain x 1 week.

**January 2011** Flu-like symptoms after receiving flu shot. Reports disliking the side effects and so she will not take the flu shot again. Unconvinced of the benefits of it.

**July 2011** Routine check-up – BP 153/96. Hypertension confirmed by ambulatory BP monitor. Started on Losartan 50 mg/day.

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- August 2011** Admitted to hospital with dizzy spells x 3 days. BP <140/70 – hypotension. Losartan decreased to 25 mg/day. Reviewed 2 weeks later – stable.
- 2012 - 2015** Routine check-ups: Increasing morning pain and stiffness in hands and knees. Rheumatoid screen – negative. X-rays: osteoarthritis. Prescribed Paracetamol. Occupational therapy (OT) home intervention for ADLs. Patient found this helpful, and she likes the company.
- May 2016** “Dark spots in front her eyes” x 2 months. Ophthalmologist: optic nerve changes and raised intra-ocular pressure (IOP). Diagnosis: open-angle glaucoma. Concerns about handling eye drops with OA → surgery: good outcome.
- August 2017** Ophthalmologist: IOP rising again. Started on Latanoprost eye drops. Neighbor’s daughter (nursing assistant) helps with eye drops sometimes.
- Today:** Two weeks ago, hospitalised x 3 days – cough, fever, shortness of breath, vomiting. Diagnosis: pneumonia (confirmed on Xray). Given IV antibiotics, IV fluids and humidified air.
- Now: looks well. No fever. Feels well. Still resistant to idea of the flu vaccine.
- Current care plan:**
- Prescription for all medications x 3 months
  - Recommend OT intervention in new home
  - Register with new local ophthalmologist
  - Encouraged once again to get annual influenza vaccine

### WRITING TASK

Using the information given in the case notes, write a transfer letter to the Head Nurse of Moorington Community Health Centre.

#### 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**