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Integrated Healthcare
Initiative

Cased-based Scenario Questions

Clinical Management of CVDs and Type 2 Diabetes
Cascade trainings for Community Health Nurses



RISK FACTORS FOR CARDIOVASCULAR DISEASES

Exercises

A)

A 65-year-old retired male teacher reported to Kaneshie Polyclinic OPD with complaints of numbness of both feet. He is a known diabetic for the past 5 years and compliant on metformin. He reported with a total cholesterol level of 5.5 mmol/L.

a) What other information will you like to ask him to assess his cardiovascular risk?

b) What are the risk factors for this patient?

c) How will you assess his risk of CVD using the WHO/ISH risk prediction charts?

B)

A 60-year-old female who sells at the market has reported to the OPD for her usual blood pressure review. After congratulating her for taking her medication regularly, she tells you that she had a stroke (transient weakness of the left side of her body) when she stopped her medication.

a) Will you want to assess her risk?

b) What is the risk level of this patient?

C) A 60-year old female, non-smoker, not a known diabetic, her reporting BP is 145/80 mmHg. Her fasting blood sugar was 6.7 mmol/L.

- a) What other information would you like to ask her to help you assess her risk level?**
- b) What is her risk level if her cholesterol level is 8?**
- c) What preventive measures will you advise her to take?**

SYMPTOMS AND SIGNS OF CARDIOVASCULAR DISEASES

Case Scenario 1

Aba Yaaba, a 64-year-old market woman, who is your neighbour, comes to your house complaining of chest pain, which began about 30 minutes prior to seeing you. She describes the pain as a tightening in the chest. She reports fear of death. She is sweaty and anxious looking.

You measure her blood pressure as 85/60 mmHg; her pulse is weak and is at a rate of 132 beats per minute. The pain becomes increasingly more intense and the patient is weeping. The patient is on homeopathic treatment and does not use any other medicines.

Advise: Identify the symptoms and signs the patient presents with within the story above.

Case Scenario 2

Auntie Ama, a 64-year-old woman, consults me because of her chest pain which began about 30 minutes ago. She describes the type of pain as oppressive and “as if my heart is tightened by a hand”. She reports fear of death. Her face is pale and sweaty and very anxious.

The physical examination reveals the following: blood pressure 100/60 mmHg, pulse imperceptible, with a heart rate of 110 per minute. The pain becomes increasingly more intense and the patient is weeping. Until today, the patient is under homeopathic treatment and does not use any other medicines.

- **What could be the cause of Auntie Ama’s chest pain?**

Case Scenario 3

A 67-year-old hypertensive and diabetic man had begun to notice mild swelling of the feet over the past month, which has now begun to involve the legs. He admits to drinking 5 'tots' of Akpeteshie (local gin) daily, over the past 20 years. In the last 5 days, he has noticed difficulties in lying flat and also coughs at night. He has been on Nifedipine 5mg and Glibenclamide 5mg bd for the past 7 years.

- **List the possible causes for the swollen legs.**

HYPERTENSION

Case Scenario 7

Akua Mansa is 38 years old. She is attending the clinic for a routine appointment about her contraception, for which she uses a diaphragm.

Medical history

From her records, you notice that Akua's blood pressure has increased since her last check-up, twelve months ago. However, Akua insists that whenever she takes her blood pressure at home, it is never above 130/80 mmHg. She does not smoke; she drinks 10-12 units of alcohol a week and has no notable medical history.

Examination

Akua's first clinic blood pressure measurement is 158/94 mmHg. Her heart rate is 72 beats per minute and regular.

Questions

- Is Akua hypertensive? What would you do first?
- After that, what would you do next

Case Scenario 7 contd.

You identify her dietary sodium intake is greater than recommended levels. Additionally, Akua Mansa's exercise patterns are not in line with the recommended guidelines.

What advice would you offer?

DIABETES MELLITUS

Case Scenario 8

Medical History

Madam Yaa Donkor is a 56-year-old trader with a personal history of Hypertension and Obesity. She has family history of Type 2 Diabetes Mellitus. She presents to the facility with increased thirst (polydipsia), frequent urination (polyuria), unexplained weight loss, fatigue and occasional blurred vision.

- **What will be your diagnostic approach to her presentation?**
- **Assuming she had no symptoms, how will you have approached her diagnosis?**
- **Her test results came as follows: Fasting Blood Glucose, 7.8 mmol/L, HbA1c: 8.5%. What will be your diagnosis and why?**
- **What will be your key lifestyle principles for madam Yaa Donkor?**



Thank you!



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