Pharmacy OSCE cases--403

**Medication Counseling Fosamax/Emotional barrier (fear about bone fractures)**

Patient Name: Allison Foster, female, 50-65 year old

**Student prompt on computer outside exam room:**

Allison Foster

Allison Foster is a 65 year female who has been diagnosed with osteoporosis. She has recently moved to Chapel Hill and has arrived at your pharmacy for the first time with the following NEW prescription.

**Counsel Ms. Foster on this prescription.**

Ethan Wang, MD

12 News Street

Chapel City, NC 28555

799-5555

Name Allison Foster Age\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_Today\_\_\_\_\_\_

**Rx**

Fosamax 70 mg

Take one tab q week

Refills 12\_\_

\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ethan Wang \_\_\_\_\_\_\_\_

Product Selection Permitted Dispense As Written

DEA #AW1234563

**Goals of the case:** Assessment of student counseling on an osteoporosis treatment (Fosamax) and also ability to show empathy to a patient who is worried about the risks of jaw and femur fractures with this drug.

**Scenario:**

**This is the information you volunteer:** "I am Allison Foster and I am here to pick up my new prescription."

**This is information about your character that you do not volunteer unless asked by the student:**

* Your age is 65.
* You have recently retired and have moved to Chapel Hill to be near your new grandchild.
* Your husband passed away last year from a heart attack and you really miss him.
* Your mother and grandmother had severe osteoporosis.
* You are very busy almost every day of the week except Mondays. Monday is your consistent day at home.
* You do not smoke.
* You have one glass of wine with dinner.
* You have no allergies.
* You have high blood pressure and type 2 diabetes. Both are well controlled.
* Show student medication list if asked about your current medications.

**Questions to ask the student:**

* I heard on the news that this drug can cause your jaw or your leg to break. This really scares me.

**Patient Supplies:**

* Medication list

**Supplies in room:**

* Prescription
* Fosamax and package insert

**Supplies outside room:**

* None

Yellow highlighted items = critical components of this case

|  |  |  |
| --- | --- | --- |
| Scoring Item | **Training points- Exact wording is not necessary. These are the general concepts that should be conveyed.** | **Points** |
| 1. Gathers patient information (medical history, current medications, allergies) | What allergies do you have? What medications are you on?  What medical conditions do you have? Do you smoke? | 0.5 |
| 2. States name and purpose of drug | Fosamax is used to treat osteoporosis | 0.5 |
| 3. Explains how to use the product | Take Fosamax once a week on the same day of the week.  Take the Fosamax on an empty stomach before breakfast with a full (6-8 ounces) glass of water (yes water, not even coffee).  Do not lie down for at least 30 minutes after taking the medicine. This prevents irritation to the throat. | 3 |
| 4. Explains what to do if you miss a dose | If you miss a dose, take only 1 dose of FOSAMAX on the morning after you remember. Do not take 2 doses on the same day or at night. Continue your usual schedule of 1 dose once a week on your chosen day. | 1 |
| 5. Cautions about potential side effects (at least 2 minor and 1 major) | Minor: nausea, vomiting, constipation, diarrhea, gas, headache  Major: If you have chest pain, new or worsening heartburn, or trouble or pain when you swallow, stop taking Fosamax and call your doctor.  Call your doctor or dentist if you have jaw pain. | 2 |
| 6. Storage and disposal | Store at room temperature. You should not have any pills left over but if you do or if your doctor tells you to stop taking Fosamax, throw away in the trash. | 1 |
| 7. Explains how to monitor | Your doctor will do a bone density test to monitor your bones. | 1 |
| 8. Check back and checks for additional patient questions | Asks Patient to repeat back information on how to use Fosamax  Ensures that Patient will take Fosamax on Monday mornings.  Answers Patient question- Yes, there have been reports of this drug causing jaw problems and leg bone problems. These are serious but rare and notify the MD if you notice any problems like jaw pain or leg pain. | 1 |
| 9. Closure of session | Thanks Patient for her time | 0 |

**My medicine list**

glipizide XL 10 mg 1 tablet daily

HCTZ 25 mg 1 tablet daily

lisinopril 20 mg 1 tablet daily

Citracal Plus D 250 mg/200 IU 2 tablets twice a day

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