SimPHARM Case Description *(Summary)*

SimPHARM™

Case Level: Early Learning
Case Run: Single visit, 72 hours
Patient: Louise Watson

Patient Description:

Introduction to Louise:

Louise has been referred to your care for management of her hypertension.

Gender: Female

Weight: 173 lbs. / 78 kg

Height: 5′ / 153 cm

Age: 46

Case Details

Louise has mild-moderate essential hypertension. She is receiving no medical care for this. She has a history of gastroesophageal reflux disease and migraine. This case mixes silent disease with symptomatic diseases and tests the student's ability to prioritize. The relatively short time frame for the case will limit what the student can achieve so target setting for BP will need to be focused on what they would anticipate seeing at 72 hours treatment. There is a chance that Louise will experience a migraine episode on day 2.

Pathologies:

Condition	Severity	Occurrence	Duration	Probability
Hypertension	Mild-moderate	Pre-existing	Whole case	100%
Migraine	Moderate to severe	Acute symptoms occur in the morning of day 2 of the case	The episode lasts 12 hours	70%
Gastroesophageal reflux disease	Moderate	Acute symptoms may occur at 1-4 hours into the case	Lasts 6-12 hours (if untreated)	75%

Pre-existing Medication:

Omeprazole 20 mg each day every 24 hours starting at 07:00

Sumatriptan 50 mg as required for migraine

Availability of drugs and laboratory investigations:

All drugs and investigations are available for students.

Debrief Notes:

There is nothing overtly complicated in this case. However the mix of acute and chronic and silent and symptomatic conditions will test the student's cognitive load. An important discussion point for the debrief is to be self-aware of their decision making process. In particular some students may aggressively treat the hypertension when in fact Louise may have had this for more than 5 years.