

Question 1 – Task Information

Situation

You are a Foundation Year 2 doctor working in General Practice at

The MedEd Surgery
Education Street
Gosforth
NE12 1BY

Your GMC number is 4312.

Patient details

Name:	Ben Den
Address:	48 Team Road Gosforth NE2 1DH
Date of birth:	23/02/1946
Patient number:	9475 546 136

History

Mr. Den has come to the surgery for a review of his hypertension. He is currently asymptomatic but is concerned because his father died of a heart attack at 52 years old.

Mr. Den has no history of vascular or renal disease, diabetes, or any other significant medical condition.

He is an ex-smoker with a 15-pack-year history, and exercises regularly. He admits his diet could be more varied and he tends to add salt to the majority of his meals.

Mr. Den is a white British male.

Examination

Pulse:	90 beats per minute
Blood pressure:	155/95 mmHg

Investigations

His full blood count and renal function are normal.
Total cholesterol 3.5 mmol/l, HDL cholesterol 1.0 mmol/l.

On urine dipstick, there is no glucosuria or proteinuria.

His ECG shows sinus rhythm. The S waves are deep in V1-3 and R waves tall in V4-6. There are no abnormalities of the ST segments or T waves.

Ambulatory blood pressure monitoring readings averaged 142/92mmHg.

Task

From discussion with Mr Den you establish that he would like to reduce his cardiovascular risk through improving his lifestyle and through taking medication.

Please prescribe **one** medication for Mr Den via an FP10 prescription which will help to reduce his cardiovascular risk.