CORA Cork Open Research Archive
Cartlann Taighde Oscailte Chorcaí

Title	Deprescribing in multi-morbid older people with polypharmacy: agreement between STOPPFrail explicit criteria and gold standard deprescribing using 100 standardized clinical cases
Authors	Curtin, Denis;Dukelow, Tim;James, Kirstyn;O'Donnell, Desmond;O'Mahony, Denis;Gallagher, Paul F.
Publication date	2018-11-12
Original Citation	Curtin, D., Dukelow, T., James, K., O'Donnell, D., O'Mahony, D. and Gallagher, P. (2018) 'Deprescribing in multi-morbid older people with polypharmacy: agreement between STOPPFrail explicit criteria and gold standard deprescribing using 100 standardized clinical cases', European Journal of Clinical Pharmacology. doi: 10.1007/s00228-018-2598-y
Type of publication	Article (peer-reviewed)
Link to publisher's version	10.1007/s00228-018-2598-y
Rights	© 2018, Springer-Verlag GmbH Germany, part of Springer Nature. All rights reserved. The final publication is available at Springer via https://dx.doi.org/10.1007/s00228-018-2598-y
Download date	2026-11-05 21:33:58
Item downloaded from	https://hdl.handle.net/10468/7152

UCC
University College Cork, Ireland
Coláiste na hOllscoile Corcaigh

Supplementary appendix 1

Title: Deprescribing in multi-morbid older people with polypharmacy: Agreement between STOPPFrail explicit criteria and Gold Standard deprescribing.

Journal: European Journal of Clinical Pharmacology**.**

Authors: Curtin D, Dukelow T, James K, O'Donnell D, O'Mahony D, Gallagher P.

Affiliation: Department of Medicine, University College Cork & Department of Geriatric Medicine, Cork University Hospital, Cork, Ireland, T12 DC4A.

Contact: deniscurtin@physicians.ie

Clinical Cases

In the following clinical cases, it can be assumed that:

1. The patient is medically stable.
2. The patient has a poor 1 year survival prognosis.
3. The list of diagnoses is complete and correct.
4. Laxatives (unless potentially part of a prescribing cascade) and paracetamol are appropriate.
5. There are no difficulties with medication administration (e.g. dysphagia, poor inhaler technique etc.) unless explicitly stated.
6. The patient's nutritional status is satisfactory unless otherwise stated
7. Behavioural and psychological symptoms of dementia are not present unless explicitly stated.

Please identify the medications that are potentially eligible for deprescribing.

Laboratory analytes

Analyte	Symbol	Unit	Reference range
Hemoglobin	Hb	g/dL	14.0 -17.5
Mean Corpuscular volume	MCV	fL	80-100
Sodium	Na	mmol/L	135 -145
Potassium	K	mmol/L	3.4 -5.0
Urea	-	mmol/L	2.9 -8.2
Creatinine	-	µmol/L	50 -110
Hemoglobin A 1c (glycated hemoglobin)	HbA1c	mmol/mol	

Case 1:

80 year old lady
Nursing home resident

Past Medical History:

1. Type 2 diabetes mellitus
2. Epilepsy
3. Hypertension
4. Dyslipidaemia
5. Hypertensive heart disease/ dystolic dysfunction (No history of coronary disease)
6. Hypothyroidism
7. Recurrent urinary tract infections (UTIs)
8. Parkinsonism

Medications:

1. Paracetamol 1g QDS
2. Lactulose 15mls TDS
3. Aspirin 75mg od
4. Folate 5mg od
5. Fluoxetine 20mg od
6. Pantoprazole 40mg od
7. Trospium 20mg od
8. Pregabalin 25mg tds
9. Domperidone 10mg tds
10. Levodopa/carbidopa 100/25mg tds
11. Desloratodine 5mg od
12. Nitrofurantoin 100mg od
13. Atorvastatin 40mg od

Function

Hoist transfer
Incontinent of urine and faeces
Dependent all activities of daily living (ADLs)

Cognition:
No recent cognitive screen
'Generally Orientated'

Measurements:

Average blood pressure (BP): 130/70

Hb:	11.3
MCV	74.8
Na	137
K	4.0
Urea	2.7
Creatinine	61

Case 2:
73 year old female
Nursing Home resident

Past Medical History:

1. Dementia
2. Epilepsy
3. Type 2 diabetes mellitus
4. Diabetic retinopathy
5. Dyslipidaemia
6. Depression
7. Hypothyroidism

Medications:

1. Memantine 20mg od
2. Paroxetine 20mg od
3. Movicol 1 sachet od
4. Levetiracetam 500mg bd
5. Gliclazide Modified Release 30mg od
6. Ferrous fumarate 305mg od
7. Paracetamol 1g tds
8. Sitagliptin 100mg od
9. Metformin 1g bd
10. Aspirin 75mg od
11. Levothyroxine 50mcg od
12. Donepezil 10mg od
13. Forticreme 1 od
14. Calcium 500mg od
15. Colecalciferol 400units od

Function:

Incontinent x2
Standing hoist transfer

Cognition
"advanced dementia"

Measurements:

Average BP:	125/64
Hb:	11.7
MCV	80
Na	138
K	4.5
Urea	10.7
Creatinine	87
HbA1C	53

Case 3:
71 year old female

Past Medical History:

1. Pulmonary fibrosis –home oxygen therapy
2. Hypertension
3. Breast cancer 2004: axillary clearance + chemotherapy
4. Vertigo
5. Visual impairment
6. Osteopenia
7. Dyslipidaemia

Medications:

1. Candesartan 8mg od
2. Escitalopram 10mg od
3. Prochlorperazine 5mg od
4. Lactulose 10mls TDS
5. Ipratropium nebs QDS
6. Oromorph 2.5mls bd
7. Ezetimibe 10mg od
8. Prednisolone 5mg od
9. Lansoprazole 30mg od
10. Colecalciferol 800units od
11. Aspirin 75mg od

Function

Assistance of 1 with dressing, washing
Mobilizes short distances with stick
Continent

Cognition

Cognition: 'good'

Measurements:

Average BP:	130/80
Hb:	9.9
MCV	-
Na	135
K	4.0
Urea	4.7
Creatinine	69

Case 4:
87 year old male

Past Medical History:

1. Dementia
2. Chronic kidney disease (CKD) stage III
3. Atrial fibrillation
4. Osteoarthritis
5. Haemochromatosis
6. Hernia repair
7. Prostate cancer
8. Polymyalgia
9. Cerebrovascular disease
10. Vertebral fracture
11. Previous hip fracture
12. Gout

Medications:

1. Movicol 2 sachets bd
2. Prednisolone 5mg od
3. Rivaroxaban 15mg od
4. Procal shots 30mls qds
5. Perindopril 10mg od
6. Buprenorphine 5mcg /hour weekly transdermal patch
7. Amlodipine 5mg od
8. Lignacaine 5% transdermal patch daily
9. Senna 15mg od
10. Lactulose 10ml bd
11. Allopurinol 100mg od
12. Calcium carbonate 500mg bd
13. Colecalciferol 400units bd

Function

Assistance of 1 with mobility, personal ADLs

Cognition

Mini-Mental State Examination (MMSE) 9/30

Measurements:

Average BP:	150/80
Hb:	11.5
MCV	-
Na	139
K	4.0
Urea	15
Creatinine	115

Case 5:
87 year old male

Past Medical History:

1. Chronic obstructive pulmonary disease (COPD) – longterm oxygen therapy (LTOT)
2. Vertebral fracture: acute
3. osteoporosis
4. Vascular dementia
5. Chronic stable angina
6. Hypertension
7. Anxiety disorder
8. Hiatus hernia: nissens fundiplication 1990. Unremarkable gastroscopy 6 years ago
9. Old tuberculosis
10. Hysterectomy
11. Osteoarthritis

Medications:

1. Levothyroxine 50mcg od
2. Calcium carbonate 500mg bd
3. Tiotropium inhaler 18mcg od
4. Ibandronic acid 150 mg monthly: started 3 years ago
5. Esomeprazole 40mg od
6. Pregabalin 75mg bd
7. Buprenorphine 10mcg/ hour weekly transdermal patch
8. Symbicort 400/12mcg bd
9. Triazolam 0.25mg od
10. Nicorette patch 10mg
11. Lignacaine 5% transdermal patch
12. Clopidogrel 75mg od
13. Movicol 1 sachet od
14. Tramadol 50mg bd
15. Paracetamol 1g bd

Function

Dyspnea with minimal exertion
Walks with stand-by assistance.
Assistance of 1 with ADLs
Continent

Cognition

MMSE 20/30

Measurements:

Average BP:	145/90
Hb:	12.7
MCV	-
Na	140
K	4.4
Urea	9
Creatinine	55

Case 6:
84 year old female

Past Medical History:

1. Stage IV Non Hodgkin's Lymphoma –conservative management
2. Atrial fibrillation
3. Hypertension
4. Chronic kidney disease
5. Hepatic cirrosis secondary to non-alcoholic steatohepatitis
6. Insulin dependent type 2 diabetes mellitus
7. Dementia
8. Diverticulosis
9. Vertigo
10. Peripheral neuropathy

Medications:

1. Movicol 2 sachets od
2. Lansoprazole 30mg od
3. Prednisolone 5mg od
4. Rivaroxaban 15mg od
5. Procal shots 30mls qds
6. Perindopril 10mg od
7. Buprenorphine 5mcg/ hour weekly transdermal patch
8. Amlodipine 5mg od
9. Lignacaine 5% transdermal patch
10. Senna 15mg od
11. Lactulose 10ml bd
12. Allopurinol 100mg od
13. Calcium carbonate 500mg bd
14. Colecalciferol 400units bd

Function

Assistance of 1 with mobility, personal ADLs

Cognition

MMSE 9/30

Measurements:

Average BP: 150/80

Hb:	11.5
MCV	-
Na	139
K	4.0
Urea	15
Creatinine	115

Case 7:
86 year old female

Past Medical History:

1. COPD –recurrent hospital admissions
2. Hypertension
3. Heart failure with preserved ejection fraction/ 'hypertensive heart disease'
4. Cataracts
5. Anxiety disorder
6. Osteoarthritis
7. Hip fracture 4 years ago
8. Chronic kidney disease III

Medications:

1. Aspirin 75mg od
2. Bisoprolol 2.5mg od
3. Seretide 250 bd
4. Mirtazapine 15mg od
5. Omeprazole 40mg od
6. Simvastatin 10mg od
7. Clonazepam 1mg bd
8. Furosemide 40mg od
9. Salbutamol nebs Qds
10. Ipratropium nebs qds

Function

Mobilizes with zimmer frame
Assistance of 1 personal ADLs

Cognition

No formal assessment. Generally orientated

Measurements:

Average BP:	130/80
Hb:	12.6
MCV	-
Na	144
K	4.9
Urea	20
Creatinine	135

Case 8:
85 year old female

Past Medical History:

1. Chronic kidney disease IV
2. Chronic schizophrenia
3. Duodenal ulcer; diagnosed on gastroscopy 3 months ago
4. Hypertension
5. Thyrotoxicosis; previous thyroidectomy
6. Osteoarthritis

Medications:

1. Colecalciferol 800units
2. Levothyroxine 50mcg od
3. Ferrous fumarate 305mg od
4. Triazolam 0.25mcg od
5. Isosorbide mononitrate 30mg od
6. Lansoprazole 30mg bd
7. Escitalopram 5mg od
8. Movicol 1 sachet od
9. Olanzapine 20mg od
10. Lutein omega 3 alternate days

Function

"highly dependent –Barthel score 9/20"
Nursing home (NH) resident x 8 years

Cognition

"Pleasantly confused at baseline"

Measurements:

Average BP:	135/70
Hb:	10.9
MCV	90.0
Na	145
K	4.8
Urea	11.6
Creatinine	144

Case 9
77 year old female

Past Medical History:

1. Rheumatoid arthritis with lupus overlap
2. Osteoarthritis
3. Dementia with behavioral and psychological symptoms
4. Anxiety disorder
5. Leg ulcers
6. Hypertension
7. Recurrent UTIs
8. Falls

Medications:

1. Candesartan 8mg od
2. Omeprazole 20mg od
3. Evening primrose oil 552mg od
4. Calcium carbonate 500mg bd
5. Colecalciferol 400units bd
6. Lignacaine patch 5% 12 hours on, off
7. Citalopram 10mg od
8. Paracetamol 1g qds
9. Prednisolone 5mg od
10. Quetiapine 50mg nocte
11. Olanzapine 2.5mg od

Function

Recurrent falls.
Assistance of 1 with dressing, washing

Cognition

Montreal Cognitive Assessment 12/30

Measurements:

Average BP:	155/80
Hb:	11.5
MCV	-
Na	131
K	4.4
Urea	5.1
Creatinine	56

Case 10:
84 year old female

Past Medical History:

1. History of colorectal cancer
2. Ileostomy with high output
3. Cerebrovascular disease
4. Chronic kidney disease IV
5. Atrial fibrillation
6. Spinal stenosis/ degenerative disease of spine
7. Depression
8. Dementia
9. Osteoarthritis: bilateral total hip replacements

Medications:

1. Cholestyramine 4g tds
2. Calcium carbonate 500mg od
3. Octreotide 50mcg im monthly
4. Loperamide 6mg qds
5. Mirtazapine 30mg nocte
6. Renilon 125mls bd
7. Bisoprolol 1.25mg od
8. Lignacaine patch 5% 12 hours on/off
9. Alfacalcidol 250mcg od
10. Memantine 10mg od

Function

Assistance of 1 for personal ADLs

Cognition

MMSE 11/30

Nutrition

Thin/ frail

Measurements:

Average BP:	140/70
Hb:	12.1
MCV	-
Na	138
K	4.9
Urea	12.3
Creatinine	215

Case 11:
76 year old female

Past Medical History:

1. COPD; recurrent admissions (GOLD stage III-IV)
2. Stage 1a Non small cell lung cancer –radiotherapy
3. Hypertension
4. Myeloproliferative disorder
5. Osteoporosis; previous pubic ramus and humerus fracture
6. Tinnitus
7. Anxiety disorder
8. Previous hospital admissions with delirium secondary to hyponatraemia

Medications:

1. Amlodipine 5mg od
2. Calcium carbonate 500mg bd
3. Colecalciferol 400units bd
4. Seretide inhaler 500/50 BD
5. Alendronate 70mg weekly- commenced 1 year ago
6. Thiamine 300mg od
7. Aspirin 75mg od
8. Esomeprazole 40mg od
9. Senna 15mg nocte
10. Triazolam 0.25mg od
11. Bromazepam 1.5mg od
12. Hydroxycarbamide 500mg alternate days
13. Tiotropium 18mcg od

Function

Mobilizes short distances only. Help with showering. Help with instrumental ADLs.

Cognition

MMSE 22/30

Measurements:

Average BP:	150/65
Hb:	12.6
MCV	-
Na	126
K	4.3
Urea	2.6
Creatinine	30

Case 12:
93 year old female

Past Medical History:

1. Colitis-histology indeterminate
2. COPD
3. Atrial fibrillation
4. Heart failure
5. Coronary artery disease; Non-ST elevation myocardial infraction (NSTEMI) 18 months ago
6. Hypertension

Medications:

1. Beclomethasone inhaler 2 puffs bd
2. Tiotropium 18mcg od
3. Furosemide 40mg od
4. Ramipril 2.5mg od
5. Pantoprazole 40mg od
6. Warfarin 1mg od
7. Nebivolol 5mg od
8. Theophylline 200mg bd
9. Atorvastatin 40mg od
10. Atrovent nebulized 250mcg qds
11. Digoxin 125mcg od

Function

Mobilizes with stick, short distances.
Unable to manage stairs
Independent personal ADLs

Cognition

No formal cognitive test done.
Generally orientated.

Measurements:

Average BP:	123/60
Hb:	12.5
MCV	82.5
Na	136
K	3.7
Urea	9.5
Creatinine	109

Case 13:
93 year old female

Past Medical History:

1. Thyrotoxicosis –previously managed with radioiodine therapy
2. Recurrent episodes of cellulitis in lower limbs/ leg ulcers
3. Anaemia –unspecified
4. Chronic kidney disease stage III

Medications:

1. Furosemide 20mg od
2. Ferrous fumarate 305mg od
3. Esomeprazole 40mg od
4. Levothyroxine 100mcg alternate days
5. Pregabalin 50mg od
6. Triazolam 250mcg od
7. Fortisip 1 bd

Function

Hoist transfer
Dependent in all ADLs

Cognition

No recent cognitive screen.
Generally orientated

Measurements:

Average BP:	123/55
Hb:	11.2
MCV	80
Na	136
K	4.5
Urea	19.1
Creatinine	159

Case 14:
69 year old man

Past Medical History:

1. Advanced idiopathic pulmonary fibrosis
2. Chronic lymphocytic leukaemia –conservative management
3. History of prostate cancer – radiotherapy 12 years ago

Medications:

1. Fortijuice 1 bd
2. Fluvastatin 20mg od
3. Forticreme 1 bd
4. Esomeprazole 40mg od
5. Pirfenidone 534mg tds

Function

Mobilizes with frame, short distances only.
Assistance with washing

Cognition

Good

Nutrition

"cachectic"

Measurements:

Average BP:	110/65
Hb:	10.4
MCV	80
Na	127
K	3.6
Urea	3.7
Creatinine	55

Case 15:
75 year old male

Past Medical History:

1. Severe pulmonary hypertension: Right ventricular systolic pressures 60-65mmHg; normal left ventricular systolic function
2. COPD
3. Depression
4. Chronic kidney disease III
5. Metastatic prostate cancer
6. History of gastrointestinal (GI) bleed in the past > 3 years ago (more specific information not available)
7. Road traffic accident (RTA) 2011: multiple fractures

Medications:

1. Salbutamol nebs QDS
2. Ipratropium nebs qds
3. Aspirin 75mg od
4. Ferrous fumarate 305mg od
5. Senna 15mg nocte
6. Lansoprazole 30mg od
7. Zopiclone 7.5mg od
8. Amitriptyline 25mg od
9. Escitalopram 20mg od

Function

NH resident
Fully dependent for pADLs

Cognition

Generally orientated.
No formal screen available

Measurements:

Average BP:	130/75
Hb:	11.9
MCV	93
Na	134
K	4.1
Urea	7.8
Creatinine	111

Case 16:
83 year old male

Past Medical History:

1. Parkinsonism
2. Peptic ulcer disease, GI bleed 2005
3. 'Vertigo'
4. Previous transient ischaemic attack (TIA)
5. Falls
6. Iron deficiency anaemia

Medications:

1. Lansoprazole 30mg od
2. Galfer 305mg od
3. Clopidogrel 75mg od
4. Quetiapine 25mg od
5. Forticreme 125mls Tds
6. Lactulose 10mls tds
7. Sinemet plus 100/25mg tds

Function

Assistance of 2 to mobilize
Assistance of 1 for pADLs
Ultimately transferred to NH

Cognition

MMSE 12/30

Measurements:

Average BP:	110/65
Hb:	10
MCV	79
Na	141
K	3.8
Urea	5.3
Creatinine	47

Case 17:
93 year old female

Past Medical History:

1. Type 2 diabetes
2. Recurrent falls
3. Hypertension
4. Dementia
5. Osteoarthritis
6. Overactive bladder
7. Hypothyroidism

Medications:

1. Aspirin 75mg od
2. Zolpidem 5mg od
3. Gliclazide MR 30mg od
4. Atenolol 50mg od
5. Hydrochlorothiazide 12.5mg od
6. Levothyroxine 25mcg od
7. Quetiapine 25mg od
8. Tolterodine SR 4mg od
9. Escitalopram 5mg od
10. Risedronate 35mg weekly – commenced 2 years ago

Function
NH resident x 3 years
Wheelchair dependent
Incontinent x2
Transfers with assistance of 2

Cognition

MMSE 17/30 (3 years ago)
'advanced dementia'

Measurements:

Average BP:	150/70
Hb:	13.1
MCV	-
Na	138
K	4.2
Urea	8.3
Creatinine	71
HbA1c	47

Case 18:
83 year old Female

Past Medical History:

1. Severe bronchiectasis/ COPD: 6 infective exacerbations in the last year. Home O2
2. Previous stroke
3. Hypertension
4. Chronic kidney disease III
5. Mild cognitive impairment
6. Hearing impairment
7. Anxiety disorder
8. Dyslipidaemia
9. Osteoporosis

Medications:

1. Salbutamol nebs QDS
2. Ipratropium nebs qds
3. Aspirin 75mg od
4. Citalopram 20mg
5. Pantoprazole 40mg od
6. Aminophylline 225mg bd
7. Seretide inhaler 500/50 bd
8. Calcium carbonate 500mg bd
9. Colecalciferol 400units bd
10. Olanzapine 2.5mg od
11. Furosemide 20mg od
12. Atorvastatin 10mg od
13. Tiotropium 18mcg od
14. Alendronate 70mg weekly – commenced 1 year ago
15. Amlodipine 5mg od

Function

Mobile over short distances
Help with washing, otherwise independent with pADLs

Cognition

MMSE 24/30

Measurements:

Average BP:	125/70
Hb:	11.4
MCV	-
Na	141
K	4.5
Urea	11.1
Creatinine	125

Case 19:
84 year old male

Past Medical History:

1. Atrial fibrillation
2. Hypertension
3. Poliomyelitis: bilateral lower limb weakness
4. Dyslipidaemia
5. Recurrent lower respiratory tract infections
6. Osteoporosis

Medications:

1. Calcium carbonate 500mg bd
2. Colecalciferol 400units bd
3. Warfarin 1mg od
4. Lignacaine 5% patch 12 on/off
5. Lactulose 15mls tds
6. Rabeprazole 20mg od
7. Furosemide 40mg od
8. Alendronate 70mg weekly – commenced 3 years ago
9. Digoxin 125mcg od
10. Senna 2 tablets nocte
11. Metoprolol 50mg tds
12. Paracetamol 1g QDS

Function

Fully dependent. Not mobile. Hoist transfer

Cognition

MMSE 22/30

Measurements:

Average BP: 130/70

Hb:	13.1
MCV	-
Na	138
K	4.3
Urea	4.0
Creatinine	52

Case 20:
94 year old female

Past Medical History:

1. Hypertension
2. Dyslipidaemia
3. Coronary artery disease: recent NSTEMI –medical management
4. Depression
5. Hypothyroidism

Medications:

1. Isosorbide mononitrate 30mg od
2. Rosuvastatin 5mg od
3. Sotalol 80mg bd
4. Levothyroxine 100mcg od
5. Aspirin 75mg od
6. Movicol 1 sachet bd
7. Folic acid 5mg od
8. Escitalopram 15mg od
9. Zolpidem 5mg od

Function

Assistance of 1 with personal ADLs
Mobilizes with frame

Cognition

MMSE 19/30

Measurements:

Average BP:	144/50
Hb:	10.4
MCV	83.7
Na	129
K	3.6
Urea	3.6
Creat	61

Case 21:
83 year old female

Past Medical History:

1. Subdural haematoma 3 months ago following a fall
2. Atrial fibrillation
3. Hypertension
4. Depressive disorder
5. Hyperlipidaemia
6. Recurrent UTIs
7. Ischaemic bowel –resection and ileostomy placement
8. Coronary artery disease – previous percutaneous coronary intervention (PCI) 2010
9. Fragility hip fracture
10. Dementia

Medications:

1. Pravastatin 10mg od
2. Omeprazole 20mg od
3. Calcitriol 0.25mcg od
4. Mirtazapine 15mg od
5. Ramipril 2.5mg od
6. Trimethoprim 200mg nocte
7. Prednisolone 5mg od

Function

Assistance with personal ADLs
Incontinent of urine
Mobilizes with frame

Cognition

MMSE 19/30

Measurements:

Average BP:	145/70
Hb:	13.1
MCV	-
Na	131
K	5.0
Urea	9.9
Creat	80

Case 22:
87 year old female

Past Medical History:

1. Atrial fibrillation
2. Type 2 diabetes mellitus
3. Heart failure –ischaemic
4. Hypothyroidism
5. Recurrent UTIs
6. Osteoporosis
7. Hypertension
8. Dyslipidaemia
9. Previous TIA
10. Oesophagitis 2002
11. Dementia
12. Anxiety/ depressive disorder

Medications:

1. Levothyroxine 25mcg od
2. Escitalopram 5mg od
3. Alendronate 70mg weekly : unclear when commenced
4. Colecalciferol 5600 units weekly
5. Furosemide 40mg od
6. Digoxin 62.5mcg od
7. Nitrofurantoin 50mg nocte
8. Metformin 1g bd
9. Rabeprazole 20mg od
10. Senna 15mg nocte
11. Fesoterodine 8mg nocte
12. Warfarin 1mg od
13. Gliclazide 120mg od
14. Levemir insulin 10 units

Function

Assistance of 1 for personal ADLs and mobility
Incontinent of urine

Cognition

MMSE 18/30

Measurements:

Average BP:	140/80
Hb:	14.6
MCV	-
Na	131
K	4.4
Urea	8.1
Creatinine	76
HbA1C	70

Case 23:
74 year old female

Past Medical History:

1. Unprovoked Pulmonary embolism 3 months ago
2. Dementia
3. TIA 2014
4. Elevated right ventricular systolic pressures with mild right ventricular systolic dysfunction

Medications:

1. Rivaroxaban 20mg od
2. Lactulose 15mls bd
3. Memantine 10mg od
4. Senna 15mg od
5. Donepezil 10mg od
6. Lansoprazole 30mg od
7. Forticreme 1 od

Function

NH resident
Not mobile
Dependent all ADLs
Incontinent x2

Cognition

"Advanced dementia"

Measurements:

Average BP:	130/60
Hb:	14
MCV	
Na	140
K	4.2
Urea	11
Creatinine	74

Case 24:
71 year old male

Past Medical History:

1. Vascular dementia
2. Hypertension
3. Moderate to severe aortic stenosis
4. Mild to moderate mitral regurgitation
5. Secondary pulmonary hypertension
6. Osteoporosis
7. Polymyalgia rheumatica
8. Depressive disorder
9. Urinary incontinence

Medications:

1. Bisoprolol 2.5mg od
2. Atorvastatin 20mg od
3. Escitalopram 10mg od
4. Donepezil 10mg od
5. Prednisolone 5mg od

Function

Fully dependent for ADLs apart from feeding
Not mobile

Cognition

"advanced dementia"

Measurements:

Average BP:	120/60
Hb:	12.6
MCV	-
Na	142
K	4.8
Urea	9.2
Creatinine	110

Case 25:
81 year old female

Past Medical History:

1. Chronic kidney disease IV
2. Vascular dementia
3. Gout
4. Hypothyroidism
5. Epilepsy
6. Hypertension
7. Renal anaemia
8. GI bleed 2/52 ago. No endoscopy due to frailty.

Medications:

1. Febuxostat 80mg od
2. Renilon 1 daily
3. Orovite 1 tablet daily
4. Levothyroxine 50mcg od
5. Levetiracetam 250mg bd
6. Senokot 15mg nocte
7. Metoprolol 50mg bd
8. Darbepoetin alfa 60mcg weekly
9. Pantoprazole 40mg od
10. Calogen 30mls tds

Function
Mobilizes with stick. Incontinent of urine. Assistance with pADLs

Cognition

MMSE 18/30

Nutrition:
Body mass index (BMI) 22.3 kg/m2
Weight 52.2kg (weight 54.1 kg 3/12 ago)

Measurements:

Average BP: 150/70

Hb:	9
MCV	80
Na	140
K	4.8
Urea	18
Creatinine	304

Case 26:
67 year old female

Past Medical History:

1. Extrapulmonary small cell lung cancer: remission post chemotherapy
2. Gastric Antral Vascular Ectasia
3. COPD: Longterm oxygen therapy (LTOT)
4. Pulmonary hypertension/ cor pulmonale
5. Gout
6. Hypothyroidism
7. Osteoporosis with vertebral compression fractures
8. Hypertension
9. Obesity

Medications:

1. Furosemide 60mg bd
2. Amiloride 10mg od
3. Levothyroxine 125mcg od
4. Tiotropium 18mcg od
5. Seretide 500mcg inhaler bd
6. Calcium carbonate 500mg bd
7. Colecalciferol 400units bd
8. Morphine sulphate (MST) 10mg bd
9. Paracetamol 1g tds
10. Pantoprazole 40mg bd

Function
Mobilzing short distances with frame.
Assistance with washing and dressing

Cognition
"Memory good"

Measurements:

Average BP:	96/50
Hb:	10.2
MCV	-
Na	131
K	3.5
Urea	10
Creatinine	76

Case 27:
90 year old male

Past Medical History:

1. Chronic kidney disease IV
2. Falls
3. Intertrochanteric fracture left hip 12 years ago
4. Osteoarthritis
5. Coronary artery disease with angina
6. Heart failure; ejection fraction (EF) 25%
7. Atrial fibrillation
8. COPD
9. H. Pylori gastritis 2008
10. Kyphoscoliosis
11. Depressive disorder
12. Benign prostatic hyperplasia

Medications:

1. Warfarin 2mg od
2. Isosorbide mononitrate 60mg od
3. Furosemide 40mg od
4. Buprenorphine 15mcg/hour weekly patch
5. Tamsulosin 0.4mcg od
6. Dutasteride 0.5mcg od
7. Spironolactone 25mg od
8. Tramadol 50mg bd
9. Paracetamol 1g bd
10. Fexofenadine 120mg od
11. Esomeprazole 40mg od
12. Lactulose 15mls bd
13. Digoxin 62.5 mcg od
14. Citalopram 20mg od
15. Salbutamol 2.5mls tds neb
16. Versatis 5% patch daily
17. Colecalciferol 1000units od
18. Senna 15mg nocte

Function
Assistance with washing and dressing.
Mobilizes with 2 sticks
Lives at home; homecare package in place

Cognition

MMSE 24/30

Measurements:

Average BP:	143/58
Hb:	9.5
MCV	82
Na	134
K	4.5
Urea	20.5
Creatinine	148

Case 28:
89 year old male

Past Medical History:

1. COPD: LTOT; recurrent exacerbations
2. Atrial fibrillation
3. History of colorectal cancer: resection 1994
4. Hearing impairment
5. Anxiety/ depressive disorder

Medications:

1. Digoxin 62.5mcg od
2. Furosemide 40mg od
3. Azithromycin 250mg alt days
4. Bisoprolol 2.5mg od
5. Escitalopram 10mg od
6. Alprazolam 0.25mg nocte

Function
Wheelchair dependent
Assistance of 1 with personal ADLs

Cognition

No formal screen. Orientated person/time/ place

Measurements:

Average BP:	95/60
Hb:	9.2
MCV	80
Na	131
K	4.2
Urea	10.1
Creatinine	80

Case 29:
84 year old female

Past Medical History:

1. Moderate to severe dementia with behavioral and psychological symptoms of dementia (BPSD; MMSE 8/30)
2. Previous stroke 2010
3. Fractured humerus 2012
4. B12 deficiency
5. Idiopathic pulmonary fibrosis
6. Coronary artery disease
7. Moderate aortic stenosis
8. Osteoarthritis: bilateral total hip replacements

Medications:

1. Bisoprolol 1.25mg od
2. Isosorbide mononitrate 30mg od
3. Aspirin 75mg od
4. Prednisolone 5mg od
5. Lansoprazole 30mg od
6. Paracetamol 1g tds
7. Codeine 16mg tds
8. Haloperidol 1mg nocte

Function
Assistance of 1 with personal ADLs, mobility.
Incontinent of urine

Cognition

MMSE 8/30

Measurements:

Average BP:	120/60
Hb:	15.8
MCV	-
Na	139
K	4.3
Urea	4.6
Creat	86

Case 30:
72 year old male

Past Medical History:

1. Malignant mesothelioma – for palliative chemotherapy.
2. Hernia repair 1999.
3. Dyslipidaemia

Medications:

1. Zolpidem 5mg od
2. Tapentadol SR 50mg bd
3. Folic acid 400mcg od
4. Fortijuice 200mls bd
5. Pantoprazole 40mg od
6. Senna 15mg nocte
7. Lignacaine 5% patch 12 on, 12 off
8. Pregabalin 25mg bd
9. Alprazolam 0.125mg nocte

Function

Independent personal ADLs

Cognition

Good

Measurements:

Average BP:	110/70
Hb:	12.0
MCV	80
Na	135
K	4.3
Urea	10
Creatinine	86

Case 31:
85 year old male

Past Medical History:

1. Pulmonary fibrosis
2. Heart failure; preserved EF
3. Coronary artery disease: Coronary artery bypass graft surgery (CABG) 2000
4. Dementia
5. Hypertension
6. Hyperlipidaemia
7. Atrial fibrillation
8. Falls
9. Benign prostatic hyperplasia

Medications:

1. Pantoprazole 40mg od
2. Bumetanide 1mg od
3. Atorvastatin 40mg od
4. Finasteride 5mg od
5. Domperidone 10mg bd
6. Glyceryl trinitrate (GTN) patch 15mg od
7. Aspirin 75mg od
8. Losartan 100mg od
9. Ranolazine 500mg bd

Function

Mobilizes short distances only.
Help with washing and iADLs
Continent

Cognition

MMSE 14/30

Measurements:

Average BP:	135/70
Hb:	12.4
MCV	101.4
Na	142
K	3.5
Urea	9.4
Creatinine	105

Case 32:
88 year old female

Past Medical History:

1. Hypertension
2. Dyslipidaema
3. Heart failure
4. Atrial fibriallation
5. Overactive bladder
6. Irritable bowel syndrome
7. Hysterectomy
8. Chronic kidney disease
9. Osteoarthritis
10. Chronic low back pain
11. Depressive disorder

Medications:

1. Diazepam 2mg nocte
2. Mebeverine 135mg tds
3. Esomeprazole 40mg od
4. Furosemide 60mg od
5. Digoxin 62.5mcg od
6. Trazadone 50mg nocte
7. Simvastatin 40mg nocte
8. Zopiclone 7.5mg nocte
9. Tolterodine SR 4MG OD
10. Warfarin 2mg od

Function

Mobilizes with frame and assistance of 1
Occasional urinary incontinence

Cognition

MMSE 24/30

Measurements:

Average BP:	148/80
Hb:	12.4
MCV	-
Na	133
K	3.9
Urea	10.9
Creatinine	130

Case 33:
78 year old female

Past Medical History:

1. COPD: LTOT
2. CABG 2010
3. Heart failure: "moderate left ventricular (LV) dysfunction"
4. Type 2 Diabetes mellitus
5. Chronic thromboembolic disease: lifelong anticoagulation
6. Chronic kidney disease III
7. Depressive disorder
8. Falls
9. osteoarthritis

Function

Dependent for all personal ADLs
Mobilizes with frame

Cognition

MMSE 22/30

Medications:

1. Pregabalin 25mg bd
2. Novomix insulin (32/15/22units)
3. Atorvastatin 20mg od
4. Bumetanide 2mg mane, 1mg tarde
5. Calcium carbonate 500mg od
6. Buprenorphine 5mcg/ hour transdermal patch weekly
7. Isosorbide mononitrate 60mg od
8. Esomeprazole 40mg od
9. Gliclazide MR 60mg od
10. Domperidone 10mg tds
11. Warfarin 5mg od
12. Salbutamol nebs Qds
13. Atenolol 50mg od
14. Sertraline 50mg od
15. Zolpidem 5mg od

Measurements:

Average BP:	160/70
Hb:	10.0
MCV	81.7
Na	139
K	4.4
Urea	10.4
Creatinine	108

Case 34:
89 year old male

Past Medical History:

1. Dementia
2. Type 2 diabetes mellitus
3. Osteoarthritis
4. Hypothyroidism
5. Gout
6. Osteoarthritis: bilateral total hip replacements
7. Atrial fibrillation
8. Appendicectomy
9. Falls

Medications:

1. Calcium 500mg od
2. Colecalciferol 400units od
3. Galantamine XL 16mg od
4. Prednisolone 2.5mg od
5. Gliclazide 30mg od
6. Levothyroxine 25mcg od
7. Allopurinol 100mg od
8. Bisoprolol 2.5mg od
9. Omeprazole 40mg od
10. Digoxin 62.5mcg
11. Memantine 20mg od
12. Paracetamol 1g Qds
13. Aspirin 75mg od
14. Furosemide 40mg

Function

Mobilizes with 2 sticks. Needs help with washing and dressing.
Continent

Cognition

MMSE 19/30

Measurements:

Average BP:	130/65
Hb:	11.9
MCV	_
Na	135
K	4.3
Urea	7.9
Creatinine	84
HbA1C	56

Case 35:
84 year old female

Past Medical History:

1. Non small cell lung cancer (T2N3); palliative radiotherapy
2. COPD, with recurrent LRTIs
3. Depressive disorder
4. Osteoporosis
5. Hyperlipidaemia
6. Hysterectomy (fibroids)
7. Irritable bowel syndrome
8. Breast cancer 1999: mastectomy and axillary clearance

Medications:

1. Fentanyl 25mcg/hour transdermal patch every 3days
2. Paracetamol 1g QDS
3. Fortijuice 200mls od
4. Lansoprazle 30mg od
5. Azithromycin 500mg alt days
6. Lactulose 15mls tds
7. Versatis patch 5% 12 hours on/off
8. Mirtazapine 7.5mg od
9. Movicol 1-2 bd
10. Salbutamol nebs QDS
11. Ipratropium nebs QDS

Function

Frail. Independent with personal ADLs. Help with stairs and instrumental ADLs

Cognition

No formal cognitive assessment done. Generally orientated.

Nutrition:

BMI 17.6kg/m2 (Current weight 45.1kg, weight 5 months ago 54.3kg)

Measurements:

Average BP:	96/50
Hb:	11.7
MCV	84.4
Na	132
K	3.6
Urea	4.4
Creatinine	68

Case 36:
80 year old female

Past Medical History:

1. Recurrent lower respiratory tract infections
2. Scleroderma/ systemic sclerosis
3. Pulmonary hypertension
4. Hypertension
5. Previous episode of cytomegalovirus pneumonitis
6. Atrial fibrillation
7. Osteoporosis, Vertebral fracture T12

Medications:

1. Prednisolone 10mg od
2. Furosemide 40mg od
3. Amiloride 5mg od
4. Bosentan 125mg bd
5. Domperidone 10mg tds
6. Alendronate 70mg weekly; started 2 years ago
7. Colecalciferol 5600 units weekly
8. Losartan 50mg od
9. Lansoprazole 30mg od

Function

Mobilizes short distances only
Assistance with washing and dressing.
Continent

Cognition

No formal assessment done; no concerns about memory

Measurements:

Average BP:	110/65
Hb:	10.4
MCV	-
Na	130
K	4.4
Urea	6.1
Creat	91

Case 37:
66 year old female

Past Medical History:

1. COPD: LTOT
2. Coronary artery disease: non-obstructive on coronary angiogram
3. Atrial fibrillation
4. Pulmonary embolism 2013
5. Dilated cardiomyopathty/Heart failure: EF 15-20%; Implantable Cardioverter Defibrillator (ICD) implanted 2014
6. Hyperthyroidism

Function

Assistance of 1 with ADLs
Mobilizes with stick, very limited due to dyspnea

Cognition

Good

Medications:

1. Alprazolam 1mg tds
2. Zolpidem 20mg nocte
3. Azithromycin 250mg od
4. Paracetamol 1g bd
5. Esomeprazole 40mg od
6. Bisoprolol 2.5mg od
7. Domperidone 10mg tds
8. Salbutamol nebs qds
9. Ipratropium nebs qds
10. Dabigatron 110mg bd
11. Symbicort 400/12 bd
12. Calcium carbonate 500mg bd
13. Colecalciferol 400 units bd
14. Neomercazole 5mg od
15. Exlira Genuair inhaler 322mcg bd
16. Prednisolone 5mg od

Measurements:

Average BP:	135/65
Hb:	11.2
MCV	-
Na	142
K	4.7
Urea	8.5
Creatinine	75

Case 38:
79 year old female

Past Medical History:

1. Pulmonary fibrosis
2. Bioprosthetic mitral valve replacement
3. Atrial flutter
4. Pulmonary embolism 2008
5. Breast cancer 2007: remission
6. Vertebral wedge compression fractures T11, L1, L2.
7. Osteoporosis
8. Depressive disorder
9. Hysterectomy
10. Hip fracture 2014
11. Peptic ulcer disease
12. Leg ulcers/ chronic lower limb pain

Medications:

1. Furosemide 20mg od
2. Paracetamol 500mg tds
3. Codeine 30mg tds
4. Alprazolam 0.25mg od
5. Lansoprazole 30mg od
6. Venlafaxine XL 37.5mg od
7. Tramadol 50mg od
8. Pregabalin 50mg od
9. Aspirin 75mg od
10. Versatis patch 5% 12 hours on, 12 hours off
11. Mirtazapine 15mg od

Function

Mobilizes with stick and stand-by assistance. Assistance with dressing and washing

Cognition

No formal assessment . Alert and orientated

Measurements:

Average BP:	130/80
Hb:	12.8
MCV	-
Na	137
K	4.2
Urea	10.8
Creatinine	79

Case 39:
75 year old male

Past Medical History:

1. Atrial fibrillation
2. Right middle cerebral artery (MCA) stroke 2013: left hemiparesis
3. Non ischaemic dilated cardiomyopathy
4. COPD
5. Chronic kidney disease III
6. Depression
7. Gout

Medications:

1. Atorvastatin 20mg od
2. Bumetanide 1mg od
3. Escitalopram 10mg od
4. Mirtazapine 30mg od
5. Nebivolol 5mg od
6. Movicol 1 sachet od
7. Senokot 15mg od
8. Thiamine 200mg od
9. Allopurinol 300mg od
10. Ramipril 5mg od
11. Esomeprazole 40mg od
12. Zopiclone 7.5mg od
13. Diazepam 2mg od
14. Salbutamol nebs qds
15. Ipratropium nebs qds
16. Aspirin 75mg od

Function
Mobilizes with rollator
Assistance with ADLs

Cognition

MMSE 24/30

Measurements:

Average BP:	120/60
Hb:	11.2
MCV	-
Na	136
K	3.9
Urea	14.7
Creatinine	152

Case 40:
78 year old male

Past Medical History:

1. Ischaemic cardiomyopathy: EF 27%; NSTEMI 1998
2. Atrial fibrillation
3. Type 2 diabetes mellitus
4. Dyslipidaemia
5. Peripheral vascular disesase
6. Chronic kidney disease III
7. Benign prostatic hyperplasia

Medications:

1. Ramipril 2.5mg od
2. Ezetimibe 10gm od
3. Linagliptin 5mg od
4. Amitriptyline 25mg od
5. Gliclazide 120mg od
6. Furosemide 40mg od
7. Omeprazole 40mg od
8. Tamsulosin 400mcg od
9. Warfarin 4mg od

Function

Frail
Independent personal ADLs
Mobilizes short distances only

Cognition

No formal assessment. Fully orientated.

Measurements:

Average BP:	115/60
Hb:	10.1
MCV	82
Na	133
K	4.0
Urea	14.0
Creat	168
HbA1C	49

Case 41:
68 year old female

Past Medical History:

1. COPD: home 02
2. Coronary artery disease: STEMI 2014
3. Epilepsy
4. Previous subarachnoid haemorrhage 2012
5. Anxiety/ panic disorder
6. Osteoporosis with vertebral fractures
7. Gastro-oesophageal reflux disease/ oesophagitis
8. Hypothyroidism
9. Chronic hyponatraemia

Medications:

1. Omeprazole 40mg od
2. Bisoprolol 2.5mg od
3. Azithromycin 250mg od
4. Aspirin 75mg od
5. Digoxin 0.125mcg od
6. Alprazolam 0.25mg tds
7. Fluoxetine 60mg od
8. Sodium valproate 600mg bd
9. Mirtazapine 45mg od
10. Theophylline 200mg bd
11. Tiotropium inhaler 18mcg od
12. Symbicort 200/6 inhaler bd

Function

Frail. Help with personal ADLs

Cognition

Normal

Measurements:

Average BP: 140/70

Hb:	13.8
MCV	-
Na	131
K	4.2
Urea	7.2
Creatinine	38

Case 42:
81 year old female

Past Medical History:

1. Angiodysplasia with recent GI bleeding requiring blood transfusion -2/52 ago
2. Myelofibrosis
3. Atrial fibrillation
4. Dementia
5. Hiatus hernia
6. Chronic kidney disease III
7. Anxiety disorder
8. Hypertension
9. Heart failure: Recent exacerbation requiring hospital admission
10. Osteoporosis
11. Type 2 diabetes mellitus

Medications:

1. Isosorbide mononitrate 30mg od
2. Ramipril 1.25mg od
3. Bisoprolol 1.25mg od
4. Lansoprazole 30mg od
5. Digoxin 62.5mcg od
6. Mirtazapine 30mg od
7. Metformin 500mg od
8. Furosemide 40mg od

Function

Assistance with all pADLs
Independently mobile.

Cognition

Established dementia. Cared for by daughter at home. No recent cognitive assessment

Measurements:

Average BP:	125/80
Hb:	10.1
MCV	-
Na	141
K	5.0
Urea	12.5
Creat	122
HbA1c	87

Case 43:
87 year old male

Past Medical History:

1. Type 2 diabetes mellitus, insulin dependent
2. Osteoporosis with vertebral fractures
3. Epilepsy
4. Liver cirrhosis secondary to alcohol. Now abstinent. Oesophageal varices. Previous episode of hepatic encephalopathy
5. Chronic kidney disease
6. Perforated peptic ulcer 2001
7. COPD
8. Osteoarthritis

Medications:

1. Spironolactone 50mg od
2. Esomeprazole 40mg od
3. Lacosemide 50mg bd
4. Tiotropium 18mcg od
5. Teripartide 20mcg od sc; commenced 3 months ago
6. Novorapid 16/ 6/6 units
7. Levemir 6 units od

Function

Mobilizes short distances with a rollator. Help with washing. Otherwise independent with personal ADLs

Cognition

Memory is 'good'

Measurements:

Average BP:	120/70
Hb:	10.4
MCV	-
Na	134
K	4.2
Urea	13.0
Creatinine	133
HbA1c	47

Case 44:
84 year old female

Past Medical History:

1. COPD
2. Falls
3. Hip fracture 1 year ago
4. Parkinson's disease
5. Atrial fibrillation
6. Hypothyroidism
7. Depression/ anxiety disorder
8. Hypertension
9. Surgery for peptic ulcer disease 1968

Medications:

1. Forticreme 1 bd
2. Sinemet 50/200 qds
3. Senna 15mg nocte
4. Lactulose 15mls bd
5. Lormetazepam 1mg nocte
6. Lercanidipine 10mg od
7. Bisoprolol 7.5mg od
8. Bonjela topically tds
9. Quetiapine 25mg od
10. Escitalopram 10mg od
11. Cubitan bd
12. Movicol 1 sachet od
13. Levothyroxine 100mcg od
14. Tears naturelle topically qds
15. Salbutamol nebs qds
16. Ipratropium qds nebs
17. Esomeprazole 20mg od

Function

Nursing home resident
Assistance of 1 for mobility and personal ADLs

Cognition

MMSE 26/30

Measurements:

Average BP: 150/90

Hb:	12
MCV	-
Na	136
K	4.5
Urea	6.5
Creatinine	52

Case 45:
67 year old male

Past Medical History:

1. Myasthenia gravis
2. Type 2 diabetes mellitus
3. C7-T11 spinal injury following farm accident 2012
4. Neuropathic pain in hands and legs
5. Neurogenic bladder: suprapubic catheter. Suprapubic 'spasm' pain intermittently
6. Obesity
7. Ischaemic colitis: loop colostomy

Medications:

1. Prednisolone 15mg od
2. Tears naturale bd
3. Ranitidine 150mg bd
4. Calcium 500mg bd
5. Colecalciferol 400 units bd
6. Azothioprine 200mg od
7. Tolterodine 4mg od
8. Baclofen 10mg tds
9. Pyridostigmine 60mg qds
10. Lactulose 10mls tds
11. Mesalazine 800mg tds
12. Pregabalin 200mg bd
13. Aspirin 75mg od
14. Duloxetine 30mg od
15. Alendronate 70mg weekly
16. Metformin 500mg tds
17. Bisacodyl 10mg od

Function

Wheelchair dependent since farm accident. Fully dependent for personal ADLs

Cognition

Good

Measurements:

Average BP:	140/80
Hb:	12.5
MCV	-
Na	130
K	4.3
Urea	4.5
Creatinine	43
HbA1C	38

Case 46:
87 year old male

Past Medical History:

1. Giant cell arthritis – diagnosed 1 week ago
2. Hypertension
3. Type 2 diabetes mellitus
4. Chronic kidney disease IV/V
5. Atrial fibrillation
6. Hiatus hernia
7. Heart failure with reduced ejection fraction
8. Cerebrovascular disease: mild left hemiparesis
9. COPD
10. Depression/ anxiety

Medications:

1. Prednisolone 60mg od (weaning schedule)
2. Pantoprazole 40mg od
3. Calcium 500mg od
4. Colecalciferol 400units od
5. Warfarin 3mg od
6. Furosemide 40mg od
7. Escitalopram 5mg od
8. Lercanidipine 20mg od
9. Seretide inhaler 500mcg bd
10. Nebivolol 10mg od
11. Calogen 30mls bd
12. Linagliptin 5mg od
13. Renilon 125mls od
14. Gliclazide MR 120mg

Function

Assistance of 1 for personal ADLs

Cognition

MMSE 24/30

Nutrition:
Weight 87kg, BMI 25

Measurements:

Average BP:	130/70
Hb:	11.2
MCV	-
Na	141
K	4.3
Urea	13.4
Creatinine	294
HbA1C	56

Case 47:
84 year old male

Past Medical History:

1. Falls; recent pubic ramus fracture
2. Moderate to severe dementia: 'vascular dementia'
3. Prostatism
4. Recurrent UTIs
5. L4 laminectomy 1977
6. Atrial fibrillation
7. Depression
8. Dyslipidaemia

Medications:

1. Omeprazole 40mg od
2. Digoxin 62.5mcg od
3. Aspirin 75mg od
4. Tramadol 50mg tds
5. Paracetamol 1g tds
6. Movicol 1 sachet od
7. Senokot 15mg od
8. Co-amoxiclav 375mg nocte alternating with cefalexin 250mg nocte each week

Function

Assistance with all ADLs, mobilizes with frame

Cognition

'moderate to severe dementia'

Measurements:

Average BP:	110/60
Hb:	12.6
MCV	-
Na	134
K	4.3
Urea	10.1
Creatinine	90

Case 48:
80 year old male

Past Medical History:

1. Dementia
2. Benign prostatic hyperplasia: longterm urinary catheter
3. Recurrent UTIs
4. Paroxysmal atrial fibrillation
5. Heart failure with preserved ejection fraction
6. Cancer left parotid gland: surgery and radiotherapy 2007
7. Squamous cell carcinoma of skin
8. Stasis dermatitis lower limbs
9. CKD III
10. Type 2 diabetes mellitus
11. Stroke: mild left hemiparesis
12. Hypertension

Medications:

1. Memantine 10mg od
2. Sitagliptin 100mg od
3. Metformin 850mg bd
4. Polyfax ointment bd
5. Silcocks base tds
6. Folic acid 5mg od
7. Calcium 500mg bd
8. Colecalciferol 400units bd
9. Senna 15mg od
10. Lactulose 15mls bd
11. Aspirin 75mg od
12. Trimethoprim 100mg nocte
13. Bisoprolol 2.5mg od

Function

Assistance with all ADLs, mobilizes with frame

Cognition

MMSE 11/30

Measurements:

Average BP:	110/70
Hb:	14.0
MCV	-
Na	143
K	5.0
Urea	15.3
Creat	180
HbA1c	43

Case 49:
86 year old female

Past Medical History:

1. Atrial fibrillation
2. Hypertension
3. Type 2 diabetes mellitus
4. Dyslipidaemia
5. Visual impairment
6. Biventricular Heart failure
7. Secondary pulmonary hypertension
8. Mild antral gastritis on OGD 1 month ago
9. Ischaemic colitis with recent small volume PR bleeding
10. Gout
11. Chronic kidney disease III

Medications:

1. Pantoprazole 20mg od
2. Pravastatin 10mg od
3. Calcium 500mg bd
4. Colecalciferol 400units bd
5. Allopurinol 200mg od
6. Gliclazide MR 30mg od
7. Paracetmol 1g tds
8. Bendroflumethiazide 2.5mg od
9. Triazolam 250mcg nocte
10. Xalatan eye drops topically
11. Warfarin 3mg od
12. Bumetanide 3mg mane, 2mg tarde

Function

Mobilizes with frame and assistance of 1
Assistance with dressing and washing

Cognition

No formal assessment. No concerns raised.

Measurements:

Average BP:	150/70
Hb:	10.5
MCV	-
Na	139
K	4.3
Urea	18.0
Creat	125
HbA1c	43

Case 50:
85 year old male

Past Medical History:

1. Benign prostatic hyperplasia: previous transurethral resection of the prostate
2. Chronic constipation
3. Orthostatic hypotension
4. Normochromic normocytic anaemia
5. Hiatus hernia
6. Subdural haematoma – evacuation 2006
7. Ostoporosis
8. Coronary artery disease
9. Depressive disorder
10. Glaucoma

Medications:

1. Zopiclone 11.75mg od
2. Timolol eye drops bd
3. Calcium 500mg bd
4. Colecalciferol 400units bd
5. Senna 15mg od
6. Movicol 1 sachet bd
7. Lactulose 10mls bd
8. Paracetamol 1g tds
9. Mirtazapine 30mg od

Function

Assistance of 1 for ADLs
Mobility: stick, short distances

Cognition

MMSE 28/30

Measurements:

Average BP:	140/75
Hb:	10.1
MCV	85.6
Na	130
K	4.2
Urea	6.1
Creatinine	51

Case 51:
88 year old male

Past Medical History:

1. COPD
2. Heart failure; recent NSTEMI. Severe coronary disease for medical management
3. Atrial fibrillation
4. Duodenal ulcer 1997: surgical repair
5. Hypertension
6. Osteoarthritis
7. Stasis dermatitis lower limbs
8. Benign prostatic hyperplasia
9. L1 vertebral fracture with vertebroplasty
10. Severe degenerative disease lumbar spine
11. Polymyalgia rheumatica 2015
12. Chronic kidney disease III

Medications:

1. Aspirin 75mg od
2. Isosorbide mononitrate 60mg od
3. Fentanyl transdermal patch 12mcg every 72 hours
4. Paracetamol 1g tds
5. Furosemide 40mg bd
6. Movicol sachets 1 bd
7. Dabigatran 110mg bd
8. Senna 15mg nocte
9. Lignacaine 5% patch
10. Fortijuice 1 od
11. Pantoprazole 40mg od
12. Seretide 500mcg inhaler bd
13. Montelukast 10mg od
14. Spironolactone 25mg od
15. Folic acid 5mg od
16. Salbutamol nebs QDS
17. Ipratropium nebs qds
18. Calcium 500mg bd
19. Colecalciferol 400units bd
20. Tamsulosin 400mcg od
21. Prednisolone 5mg od

Function

Assistance of 1 for personal ADLs, assistance of 1 for mobility

Cognition

Fully orientated. No formal cognitive assessment

Measurements:

Average BP:	130/70
Hb:	10.1
MCV	85
Na	132
K	5.0
Urea	13.2
Creatinine	114

Case 52:
97 year old female

Past Medical History:

1. Advanced dementia with BPSD
2. Osteoarthritis
3. Recurrent urinary tract infections
4. Recent NSTEMI
5. Iron deficiency anaemia

Medications:

1. Aspirin 75mg od
2. Esomeprazole 20mg od
3. Galfer 305mg od
4. Quetiapine 25mg od
5. Trimethoprim 100mg nocte

Function

Hoist transfer. Incontinent. Help with all ADLs

Cognition

'Advanced dementia'

Measurements:

Average BP:	110/60
Hb:	11.4
MCV	87.2
Na	136
K	4.5
Urea	7.7
Creatinine	90

Case 53:
92 year old female

Past Medical History:

1. Stroke –mild aphasia
2. Heart failure with preserved ejection fraction
3. Hypothyroidism
4. Recurrent lower respiratory tract infections
5. Rectal prolapse
6. Dementia
7. Atrial fibrillation
8. Hip fracture following fall 2015
9. Chronic kidney disease IV
10. Asthma

Medications:

1. Folic acid 0.4mg od
2. Levothyroxine 75mcg od
3. Vidisic 0.2% topically bd
4. Furosemide 40mg od
5. Movicol 1 sachet od
6. Tiotropium 18mcg od
7. Amoxicillin 250mg bd – longterm for lower respiratory infections
8. Calcium 500mg bd
9. Colecalciferol 400units bd
10. Warfarin 5mg od

Function

Assistance with personal ADLs.
Mobilizes with rollator

Cognition

MMSE 14/30

Measurements:

Average BP:	150/70
Hb:	10.9
MCV	93.9
Na	141
K	4.0
Urea	11.7
Creatinine	137

Case 54:
88 year old female

Past Medical History:

1. Dementia
2. Transfusion dependent anaemia/ not for investigation due to frailty/co-morbidiites
3. Recurrent falls
4. Chronic kidney disease
5. Osteoporosis
6. Polymyalgia rheumatica
7. Depression
8. Monoclonal gammopathy of uncertain significance
9. Hearing impairment
10. Barrett's oesophagaus

Medications:

1. Citalopram 20mg od
2. Ferrous fumarate 305mg od
3. Calogen 30mls tds
4. Calcium 500mg bd
5. Colecalciferol 400units bd
6. Pantoprazole 40mg od
7. Lactulose 15mls tds
8. Movicol sachet 1 od
9. Fresubin 200mls bd

Function

Dependent in most ADLs
Mobilizes with frame and assistance of 1

Cognition

MMSE 18/30

Measurements:

Average BP:	130/90
Hb:	9.4
MCV	79
Na	133
K	4.6
Urea	18.2
Creatinine	150

Case 55:
84 year old female

Past Medical History:

1. Upper gastrointestinal bleeding 2/52 ago – conservative management
2. Falls
3. Type 2 diabetes mellitus
4. Hypertension
5. Asthma
6. Depressive disorder
7. Acromegaly

Medications:

1. Lansoprazole 30mg od
2. Metformin 1g bd
3. Bendroflumethiazide 2.5 mg od
4. Quinapril 10mg od
5. Gliclazide MR 60mg od
6. Escitalopram 5mg od
7. Calcium 500mg bd
8. Colecalciferol 400 units bd
9. Octreotide injections 20 mg im monthly
10. Becotide inhaler bd

Function

Assistance with ADLs
Mobilizes short distances with frame and assistance of 1

Cognition

Mild cognitive impairment: MMSE 28/30

Measurements:

Average BP:	130/55
Hb:	8.6
MCV	82.5
Na	138
K	4.2
Urea	12.7
Creatinine	96
HbA1C	63

Case 56:
85 year old male

Past Medical History:

1. Metastatic prostate cancer
2. Recurrent falls
3. Lonterm urinary catheter
4. Osteoarthritis
5. Osteoporosis
6. Chronic kidney disease secondary to obstructive uropathy
7. Permanent pacemaker: trifascicular block
8. Atrial fibrillation

Medications:

1. Bicalutamide 50mg od
2. Leuprorelin 11.25mg subcut every 3 months
3. Alendronate 70mg weekly
4. Colecalciferol 5600units weekly
5. Calcium 500mg bd
6. Aspirin 75mg od

Function

Mobilizing with frame. Help with washing and dressing.

Cognition

No concerns raised

Measurements:

Average BP:	126/70
Hb:	9.2
MCV	-
Na	135
K	4.4
Urea	10.2
Creatinine	137

Case 57:
85 year old male

Past Medical History:

1. Dementia with lewy bodies
2. Behavioral and psychological symptoms of dementia
3. Coronary artery disease: CABG 2011
4. Osteoporosis
5. Degenerative disc disease
6. Falls
7. Depressive disorder
8. Dry eyes

Medications:

1. Galantamine XL 16mg od
2. Artelac eye drops nocte
3. Calcium 500mg bd
4. Colecalciferol 400units bd
5. Senokot 15mg nocte
6. Fresubin 1 daily
7. Lignacaine patch 5%
8. Mirtazapine 30mg nocte
9. Quetiapine XR 150mg nocte
10. Lactulose 20mls od

Function

Mobilizes with frame. Assistance with ADLs

Cognition

MMSE 24/30.

Measurements:

Average BP:	130/70
Hb:	12.1
MCV	-
Na	133
K	3.7
Urea	4.7
Creatinine	64

Case 58:
85 year old male

Past Medical History:

1. Dementia with BPSD
2. Coronary artery disease: CABG 1999
3. Atrial fibrillation
4. Bilateral carotid artery stenosis
5. Epilepsy
6. Benign prostatic hyperplasia
7. Chronic kidney disease III
8. Upper GI bleeding due to esophageal ulcers: diagnosed 3 months ago
9. Previous stroke

Medications:

1. Thiamine 300mg od
2. Sona Balance (multivitamin) 1 tablet od
3. Lactulose 15mls tds
4. Senna 15mg nocte
5. Silodosin 8mg od
6. Forticreme 1 od
7. Digoxin 125mcg od
8. Olanzapine 2.5mg od
9. Phenytoin 200mg od
10. Calcium 500mg bd
11. Colecalciferol 400units bd
12. Pantoprazole 40mg od

Function

Fully dependent with ADLs

Cognition

MMSE 10/30

Nutrition

Weight 49kg (weight loss of 8.5kg in last 3 months)

Measurements:

Average BP:	100/60
Hb:	14.0
MCV	-
Na	145
K	4.8
Urea	15.4
Creatinine	155

Case 59:
79 year old female

Past Medical History:

1. Alzheimer disease
2. Chronic kidney disease IV
3. Type 2 diabetes mellitus
4. Retinal stroke 2009
5. Cerebrovascular disease: advanced micovascular disease on neuroimaging
6. Hypertension
7. Recent humerus fracture: conservative management
8. Falls
9. Cataracts

Medications:

1. Aspirin 75mg od
2. Ramipril 10mg od
3. Calcium 500mg bd
4. Colecalciferol 400units bd
5. Amlodipine 10mg od
6. Metformin 500mg bd
7. Rivastigmine 6mg bd
8. Fexofenadine 180mg od
9. Gabapentin 100mg bd

Function

Mobilizes, personal ADLs with assistance of 1

Cognition

MMSE 12/30

Measurements:

Average BP:	155/85
Hb:	9.8
MCV	85
Na	142
K	4.6
Urea	27.2
Creatinine	270
HbA1C	42

Case 60:
69 year old male

Past Medical History:

1. Advanced alzheimer's disease
2. Heart failure
3. Multiple pressure sores
4. Atrial fibrillation

Medications:

1. Aspirin 75mg od
2. Furosemide 40mg od
3. Quetiapine 100mg nocte
4. Memantine 10mg bd
5. Bisoprolol 7.5mg od
6. Cubitan tds

Function

Assistance all ADLs. Bedbound. Contractures

Cognition

Advanced dementia

Nutrition

Weight 84kg. BMI 24

Measurements:

Average BP:	120/80
Hb:	13.1
MCV	-
Na	133
K	4.6
Urea	11
Creatinine	97

Case 61:
88 year old male

Past Medical History:

1. Hypertension
2. Dyslipidaemia
3. Osteoporosis
4. Hypothyroidism
5. Previous TIAs: 2004, 2016
6. Meniere's disease
7. Degenerative disc disease
8. Falls
9. Benign prostatic hyperplasia

Medications:

1. Atenolol 50mg od
2. Atorvastatin 10mg od
3. Betahistine 16mg tds
4. Alendronate 70mg weekly
5. Calcium 500mg bd
6. Colecalciferol 400units bd
7. Levothyroxine 150mcg od
8. Tamsulosin 400mcg od
9. Lignacaine patch 5%
10. Aspirin 75mg od
11. Furosemide 40mg od

Function

Mobilizes with stick. Recurrent falls. Assistance with dressing and washing

Cognition

MMSE 23/30

Measurements:

Average BP:	140/60
Hb:	15.2
MCV	-
Na	130
K	4.2
Urea	4.5
Creatinine	100

Case 62:
95 year old female

Past Medical History:

1. Cerebrovascular disease: recent TIA
2. Atrial fibrillation
3. Hypertension
4. Congestive cardiac failure
5. Coronary artery disease (myocardial infarction 2002, 2014)
6. Lower limb venous ulcers
7. Osteoporosis

Medications:

1. Bisoprolol 10mg od
2. Ezetimibe 10mg od
3. Simvastatin 20mg od
4. Bumetanide 1mg mane, 0.5mg tarde
5. Ramipril 2.5mg od
6. Digoxin 62.5mcg od
7. Alendronate 70mg weekly (since at least 2010)
8. Dabigatran 110mg bd

Function

Mobilizes with frame. Frail. Independent with personal ADLs

Cognition

No formal screen. Generally orientated.

Measurements:

Average BP:	120/70
Hb:	13.4
MCV	85.7
Na	141
K	4.2
Urea	12.4
Creatinine	88

Case 63:
86 year old female

Past Medical History:

1. Dementia with BPSD
2. Chronic kidney disease
3. Atrial fibrillation
4. Type 2 diabetes mellitus
5. Osteoarthritis
6. Chronic low back pain
7. Previous hip fracture 2014
8. Depression

Medications:

1. Calcium 500mg bd
2. Colecalciferol 400units bd
3. Bisoprolol 5mg od
4. Citalopram 10mg od
5. Gliclazide MR 60mg od
6. Quetiapine 25mg nocte
7. Zopiclone 7.5mg od
8. Paracetamol 1g qds

Function

NH resident
Mobilizes with frame and supervision
Assistance with personal ADLs

Cognition

MMSE 13/30

Measurements:

Average BP:	160/70
Hb:	9.3
MCV	99
Na	133
K	4.9
Urea	20.3
Creatinine	220
HbA1c	55

Case 64:
81 year old male

Past Medical History:

1. Metastatic colorectal cancer
2. Falls
3. Osteoarthritis: bilateral total hip replacements
4. Hypertension
5. Type 2 diabetes mellitus
6. Monoclonal gammopathy of uncertain significence
7. Glaucoma

Medications:

1. Aspirin 75mg od
2. Gliclazide MR 60mg od
3. Paracetamol 1g Qds
4. Bisoprolol 5mg od
5. Buprenorphine 10mcg/hour patch weekly
6. Duotrav (travoprost & timolol) eye drops nocte

Function

Assistance of 1 with pADLs and mobility. Plan for nursing home care

Cognition

MMSE 24/30

Measurements:

Average BP:	120/70
Hb:	11.1
MCV	-
Na	133
K	4.2
Urea	7.0
Creatinine	96
HbA1C	46

Case 65:
83 year old female

Past Medical History:

1. Recent stroke
2. Atrial fibrillation
3. Dementia
4. Recurrent UTIs
5. Osteoarthritis
6. Colovesical fistula due to diverticular disease
7. Peptic ulcer disease 1993

Medications:

1. Pantoprazole 40mg od
2. Memantine 20mg od
3. Clopidogrel 75mg od
4. Bisoprolol 2.5mg od
5. Buprenorphine patch 10mcg/hour weekly

Function

Fully dependent. Hoist transfer.
Very frail
NH resident

Cognition

MMSE 13/30

Measurements:

Average BP:	150/65
Hb:	11.3
MCV	-
Na	140
K	4.2
Urea	6.8
Creatinine	31

Case 66:
85 year old male

Past Medical History:

1. Dementia
2. Atrial fibrillation
3. Left upper lobe mass – "probable lung cancer, for conservative management"
4. Dyslipidaemia
5. Hypertension
6. Chronic kidney disease
7. Coronory artery disease: MI 2009
8. Benign prostatic hyperplasia

Medications:

1. Alprazolam 0.25mg od
2. Omeprazole 20mg od
3. Warfarin 2mg od
4. Zolpidem 5mg od
5. Finasteride 5mg od
6. Isosorbide mononitrate 30mg od
7. Atorvastatin 10mg od

Function

Mobilizes with stick
Assistance with washing

Cognition

MMSE 20/30

Measurements:

Average BP: 145/70

Hb:	11.1
MCV	-
Na	138
K	4.4
Urea	9.1
Creatinine	106

Case 67:
86 year old male

Past Medical History:

1. Dementia
2. Cerebrovascular disease
3. Atrial flutter
4. Chronic kidney disease
5. Osteoarthritis
6. Recurrent falls
7. COPD

Medications:

1. Ipratropium inhaler
2. Aspirin 75mg od
3. Omeprazole 40mg od
4. Senna 2 nocte
5. Paracetamol 1g QDs
6. Movicol 1 sachet od
7. Calcium 500mg od
8. Colecalciferol 400units od
9. Escitalopram 5mg od
10. Bisoprolol 2.5mg od
11. Prednisolone 10mg od

Function

Mobilizes short distances with frame
Assistance of 1 with ADLs

Cognition

MMSE 18/30

Measurements:

Average BP:	130/80
Hb:	11.1
MCV	-
Na	143
K	4.6
Urea	23.7
Creatinine	277

Case 68:
87 year old male

Past Medical History:

1. Atrial fibrillation
2. Lung cancer: palliative radiotherapy
3. Idiopathic parkinson's disease
4. Hypertension
5. Stroke 2014

Medications:

1. Atorvastatin 40mg od
2. Fexofenadine 120mg od
3. Valsartan 160mg od
4. Hydrochlorothiazide 12.5mg od
5. Levodopa/carbidopa 12.5/50mg tds
6. Senna 15mg nocte
7. Movicol 1 sachet bd
8. Warfarin 5mg od

Function

Mobilizes with frame
Independent personal ADLs

Cognition

MMSE 24/30

Measurements:

Average BP:	165/90
Hb:	12.3
MCV	-
Na	133
K	4.2
Urea	8.7
Creatinine	109

Case 69:
76 year old male

Past Medical History:

1. Metastatic colorectal cancer with ascites
2. Depression
3. Hip fracture 6 months ago
4. COPD
5. Previous aortic valve replacement
6. Hypertension
7. Coronary artery disease: CABG 2005

Medications:

1. Pantoprazole 40mg od
2. Perindopril 2.5mg od
3. Escitalopram 5mg od
4. Spironolactone 50mg od
5. Senna 15mg nocte
6. Bumetanide 1mg alternate days
7. Dexamethasone 4mg od
8. Aspirin 75mg od
9. Atorvastatin 20mg od
10. Zolpidem 5mg od

Function

Mobilizes independently with stick. Help with washing.

Cognition

MMSE 24/30

Measurements:

Average BP:	150/80
Hb:	9.9
MCV	-
Na	131
K	4.2
Urea	7.7
Creatinine	77

Case 70:
88 year old female

Past Medical History:

1. Metastatic colorectal cancer
2. Osteoarthritis
3. Peripheral vascular disease
4. Overactive bladder
5. Severe gastritis secondary to nonsteroidal inflammatory drugs (NSAIDs): diagnosed 2 weeks ago
6. Depression

Medications:

1. Dexamethasone 6mg od
2. Mirtazapine 15mg od
3. Lansoprazole 30mg od
4. Pregabalin 50mg tds
5. Paracetamol 1g qds
6. Metoclopramide 10mg tds

Function

Assistance of 1 with ADLs
Frail

Cognition

No formal screen. No concerns about memory

Measurements:

Average BP:	160/80
Hb:	10.1
MCV	79
Na	136
K	4.4
Urea	2.7
Creatinine	69

Case 71:
83 year old male

Past Medical History:

1. Parkinsonism
2. Atrial fibrillation
3. Previous MI with cardiac arrest 2010
4. Heart failure with reduced ejection fraction
5. Implantable defibrillator
6. Chronic kidney disease
7. Osteoarthitis
8. Symptomatic orthostatic hypotension
9. Depression
10. Dementia

Medications:

1. Levodopa/ carbidopa 50/12.5mg tds
2. Furosemide 40mg od
3. Escitalopram 5mg od
4. Pantoprazole 20mg od
5. Aspirin 75mg od
6. Atorvastatin 20mg od
7. Rivastigmine 3mg bd

Function

Assistance of 2 for mobility

Cognition

MMSE 16/30

Measurements:

Average BP	120/80
Hb	10.1
MCV	-
Na	144
K	4.4
Urea	8.3
Creatinine	79

Case 72:
91 year old male

Past Medical History:

1. Atrial fibrillation
2. Hypothyroidism
3. Dementia
4. Osteoarthritis
5. Gout
6. Peripheral vascular disease
7. Falls

Medications:

1. Rivaroxaban 15mg od
2. Levothyroxine 50mcg od
3. Calcium 500mg bd
4. Colecalciferol 400units bd
5. Allopurinol 100mg od
6. Furosemide 20mg od
7. Bisoprolol 1.25mg od
8. Artelac eye drops bd

Function

NH resident
Assistance of 1 with personal ADLs

Cognition

MMSE 14/30

Measurements:

Average BP	105/60
Hb	13.8
MCV	-
Na	137
K	-
Urea	6.4
Creatinine	101

Case 73:
85 year old male

Past Medical History:

1. Dementia with BPSD
2. Type 2 diabetes mellitus
3. Stroke 2011
4. Hypertension
5. Dyslipidaemia

Medications:

1. Senna 15mg nocte
2. Lactulose 10mls tds
3. Quetiapine 100mg bd
4. Clopidogrel 75mg od
5. Ramipril 7.5mg od
6. Sitagliptin 100mg od

Function

Assistance of 1 with personal ADLs
Mobilizes with frame

Cognition

MMSE 21/30

Measurements:

Average BP	110/50
Hb	12.4
MCV	-
Na	140
K	4.5
Urea	8.9
Creatinine	94
HbA1c	43

Case 74:
82 year old male

Past Medical History:

1. Coronary artery disease: recent NSTEMI (3 weeks ago)
2. Atrial fibrillation
3. Severe aortic stenosis (Aortic valve area 0.7 cm2)
4. Glaucoma
5. Heart failure with preserved ejection fraction
6. Osteoarthritis
7. Chronic kidney disease
8. Severe pulmonary hypertension
9. Stasis dermatitis

Medications:

1. Digoxin 62.5mcg od
2. Lactulose 10mls tds
3. Aspirin 75mg od
4. Warfarin 3mg od
5. Lansoprazole 30mg od
6. Bisoprolol 1.25mg od
7. Furosemide 40mg od
8. Paracetamol 1g bd
9. Timolol eye drops
10. E45 cream topically bd

Function

Mobilizes short distances only. Assistance with washing and dressing

Cognition

MMSE 22/30

Measurements:

Average BP	105/75
Hb	12.2
MCV	-
Na	138
K	3.8
Urea	14.0
Creatinine	162

Case 75:
88 year old female

Past Medical History:

1. COPD
2. Atrial fibrillation
3. Chronic thromboembolic disease
4. Heart failure with preserved ejection fraction
5. Macular degeneration
6. Leg ulcers
7. Osteoarthritis
8. Depression
9. Falls

Function

Mobilizes with frame. Assistance with washing

Cognition

Good

Medications:

1. Esomeprazole 20mg od
2. Bumetanide 1mg bd
3. Montelukast 10mg od
4. Folate 5mg od
5. Isosorbide mononitrate 60mg od
6. Nicorandil 10mg od
7. Tiotropium 18mcg inhaler od
8. Seretide inhaler bd
9. Triazolam 0.0625mg od
10. Spironolactone 25mg od
11. Escitalopram 5mg od
12. Nebivolol 5mg od
13. Warfarin 3mg od
14. Movicol 1 sachet od
15. Calcium 500mg bd
16. Colecalciferol 400units bd

Measurements:

Average BP	140/75
Hb	12
MCV	98.9
Na	141
K	4
Urea	11.1
Creatinine	88

Case 76:
75 year old male

Past Medical History:

1. Dementia
2. Epilepsy
3. Lung cancer 2013: lobectory
4. COPD
5. Coronary artery disease: previous PCI 2011
6. Chronic kidney disease III
7. Haemochromatosis
8. Rheumatoid arthritis

Medications:

1. Sodium valproate 500mg bd
2. Levetiracetam 500mg bd
3. Nebivolol 5mg od
4. Zopiclone 3.75mg od
5. Paracetamol 1g QDS
6. Aspirin 75mg od
7. Pantoprazole 40mg od

Function

Assistance of 1 for ADLs.
Transfers with standing hoist

Cognition

MMSE 17/30

Measurements:

Average BP	120/65
Hb	11.8
MCV	-
Na	144
K	4.3
Urea	12.1
Creatinine	143

Case 77:
90 year old female

Past Medical History:

1. Recent pubic ramus fracture
2. Atrial fibrillation
3. Hypothyroidism
4. Osteoarthritis
5. Total hip replacement
6. Depression
7. Hypertension
8. Lacunar stroke 2016
9. Dementia with BPSD

Medications:

1. Levothyroxine 75mcg od
2. Esomeprazole 40mg od
3. Escitalopram 10mg od
4. Calcium 500mg bd
5. Colecalciferol 400units bd
6. Versatis patch 5%
7. Paracetamol 1g TDs
8. Denosumab 60mg subcut 6 monthly –commenced 3 months ago
9. Digoxin 62.5mcg od
10. Rivaroxaban 15mg od
11. Lercanidipine 10mg od
12. Ramipril 2.5mg od
13. Risperidone 0.5mg tds

Function

Mobilizing short distances with frame and assistance of 1.
Assistance with dressing and washing.
Barthel 13/20
Discharged to NH

Cognition

MOCA 9/30

Measurements:

Average BP	140/75
Hb	12.1
MCV	-
Na	144
K	4.2
Urea	10.1
Creatinine	94

Case 78:
84 year old male

Past Medical History:

1. Osteoporosis with vertebral collapse
2. Spinal stenosis
3. Atrial fibrillation
4. Hypertension
5. Dyslipidaemia
6. Depression
7. Partial gastrectomy 1955 for perforated ulcer
8. Pulmonary asbestosis

Medications:

1. Denosumab 60mg s/c 6monthly: commenced 1 year ago
2. Calcium 500mg bd
3. Colecalciferol 400units bd
4. Buprenorphine 10mcg/hour weekly
5. Mirtazapine 45mg nocte
6. Clopidogrel 75mg od
7. Oxynorm 5mg bd
8. Triazolam 375mcg nocte
9. Tears naturale bd
10. Calogen 30mls bd

Function

Assistance of 1 for mobility and personal ADLs
Incontinent x2
Discharged to Nursing home

Cognition

MMSE 28/30

Nutrition
BMI 23

Measurements:

Average BP	110/70
Hb	12
MCV	89
Na	130
K	4.5
Urea	5.8
Creatinine	60

Case 79:
79 year old female

Past Medical History:

1. COPD
2. Dementia
3. Depression
4. Hypothyroidism
5. Hypertension
6. Previous TIA
7. Recurrent epistaxis
8. Previous deep venous thrombosis (DVT)

Medications:

1. Symbicort inhaler bd
2. Terbutaline inhaler bd
3. Lisinopril 20mg od
4. Levothyroxine 25mcg od
5. Quetiapine 25mg od
6. Paracetamol1g bd
7. Codeine 16mg bd
8. Triazolam 0.25mg nocte
9. Fluoxetine 20mg od

Function

Assistance with personal ADLs
Transfers independently

Cognition

MMSE 15/30

Measurements:

Average BP	130/70
Hb	11.4
MCV	72.9
Na	130
K	4.3
Urea	2.5
Creatinine	56

Case 80:
93 year old male

Past Medical History:

1. Falls
2. Chronic kidney disease V
3. Chronic normocytic anaemia
4. Benign prostatic hyperplasia
5. Osteoarthritis
6. Monoclonal gammopathy of uncertain significance
7. Abdominal aortic aneurysm -6.7cm: patient declining intervention
8. History of gastro-oesophageal reflux disease: Gastroscopy 2015 – "normal"

Medications:

1. Omeprazole 20mg od
2. Lactulose 30mls tds
3. Movicol 1 sachet bd
4. One alphacalcidol 0.25mcg od
5. Tamsulosin 400mcg od
6. Darbepoetin alfa 30mcg s/c weekly

Function

Assistance of 1 with washing and dressing
Mobilizes short distances with frame

Cognition

MMSE 27/30

Measurements:

Average BP	105/75
Hb	9.1
MCV	84
Na	140
K	4.8
Urea	22.7
Creatinine	412

Case 81:
87 year old female

Past Medical History:

1. Dementia with BPSD
2. Atrial fibrillation
3. Type 2 diabetes mellitus
4. Hypertension
5. Fracture of 5th metacarpal following fall
6. Osteoarthritis
7. Depression
8. Urinary incontinence
9. Falls
10. Chronic constipation

Medications:

1. Aspirin 75mg od
2. Calcichew 500mg bd
3. Colecalciferol 400units od
4. Folate 5mg od
5. Bisoprolol 5mg od
6. Senna 15mg nocte
7. Mirtazapine 15mg nocte
8. Lactulose 30mls od
9. Gliclazide MR 90mg od

Function

Assistance with all personal ADLs.
Incontinent x2
Discharged to nursing home

Cognition

MMSE 11/30

Measurements:

Average BP	140/70
Hb	13.8
MCV	84
Na	134
K	3.7
Urea	4.3
Creatinine	87
HbA1C	67

Case 82:
93 year old female

Past Medical History:

1. Falls
2. Advanced dementia
3. Epilepsy
4. Hypothyroidism
5. Hypertension
6. Atrial fibrillation

Medications:

1. Furosemide 40mg od
2. Levothyroxine 100mcg od
3. Prednisolone 5mg od
4. Calcium 500mg bd
5. Colecalciferol 400units bd
6. Amlodipine 5mg od
7. Quetiapine 25mg od
8. Galantamine XL 8mg od
9. Pantoprazole 40mg od
10. Ferrous fumarate 305mg bd
11. Sodium valproate 200mg tds
12. Senna 15mg nocte
13. Lactulose 10mls bd

Function

Assistance with dressing, washing, toileting.
Mobilizes with assistance of 1

Cognition

'Advanced dementia'

Measurements:

Average BP	120/70
Hb	9.5
MCV	86
Na	143
K	3.4
Urea	5.0
Creatinine	92

Case 83:
91 year old male

Past Medical History:

1. Recent Left MCA stroke
2. Heart failure with reduced ejection fraction
3. Glaucoma
4. Osteoarthritis
5. Pacemaker for complete heart block
6. Axonal polyneuropathy
7. Peripheral vascular disease
8. Fracture left radius 2012

Medications:

1. Atorvastatin 10mg od
2. Xalatan eye drops
3. Brimonidine/ timolol eye drops
4. Senna 15mg od
5. Calcium 500mg bd
6. Colecalciferol 400units bd
7. Warfarin 3mg od

Function

Assistance of 1 for mobility and personal ADLs.
Incontinent of urine

Cognition

Aphasic post stroke; cognition not formally assessed

Measurements:

Average BP	100/40
Hb	11.5
MCV	85
Na	135
K	3.9
Urea	4.5
Creatinine	99

Case 84:
89 year old female

Past Medical History:

1. Hypertension
2. Osteoarthritis
3. Atrial fibrillation
4. Hyperthyroidism
5. Angina
6. Leg ulcers

Medications:

1. Calcium 500mg bd
2. Colecalciferol 400units bd
3. Carbimazole 5mg od
4. Esomeprazole 40mg od
5. Nicorandil 20mg bd
6. Digoxin 0.125mg od
7. Artelac eye drops qds
8. Dabigatran 110mg bd
9. Fresubin 200mls od

Function

Mobilizes with rollator and stand-by assistance

Cognition

No concerns

Measurements:

Average BP	145/75
Hb	11.8
MCV	-
Na	137
K	4.3
Urea	6.8
Creatinine	57

Case 85:
83 year old male

Past Medical History:

1. Dementia
2. Atrial fibrillation
3. Coronary artery disase: CABG 2004
4. Type 2 diabetes mellitus

Medications:

1. Warfarin 5mg od
2. Atorvastatin 20mg od
3. Metformin 850mg tds
4. Digoxin 250mcg od
5. Memantine 10mg bd
6. Galantamine XL 8mg od
7. Gliclazide MR 120mg od
8. Bisoprolol 5mg od

Function

Assistance of 1 for washing
Mobile with a stick

Cognition

MMSE 11/30

Measurements:

Average BP	130/60
Hb	11.9
MCV	88.4
Na	137
K	4.5
Urea	7.8
Creatinine	88
HbA1c	61

Case 86:
85 year old male

Past Medical History:

1. Chronic kidney disease
2. Hypertension
3. Dementia
4. Atrial fibrillation
5. Benign prostatic hyperplasia
6. Epilepsy
7. Previous subdural haematoma due to fall 2016
8. Chronic cough due to postnasal drip
9. Heart failure with preserved ejection fraction

Medications:

1. Zopiclone 3.75mg od
2. Furosemide 40mg od
3. Tamsulosin 400mcg od
4. Digoxin 62.5mcg od
5. Avamys nasal spray
6. Darbepoetin alfa 30mcg s/c weekly
7. Calcium 500mg bd
8. Colecalciferol 400units bd
9. Levetiracetam 250mg bd
10. Pantoprazole 40mg od
11. Ensure plus 200mls od
12. Ferrous fumarate 305mg od
13. Tears naturalle bd

Function
Mobilizes with frame and assistance of 1
Help with washing and dressing

Cognition

MMSE 11/30

Measurements:

Average BP	120/70
Hb	10.1
MCV	85
Na	133
K	4.1
Urea	14.5
Creatinine	220

Case 87:
84 year old female

Past Medical History:

1. Falls
2. Recurrent UTIs
3. Hypertension
4. Osteoarthritis
5. Atrial fibrillation
6. Osteoporosis
7. Hysterectomy

Medications:

1. Calcium 500mg bd
2. Colecalciferol 400units bd
3. Alendronate 70mg weekly (duration unclear)
4. Esomeprazole 40mg od
5. Senna 15mg od
6. Bisoprolol 5mg od
7. Ramipril 2.5mg od
8. Movicol 1 sachet od
9. Valsartan 40mg od

Function

Mobililizing independently with a frame
Incontinent of urine
Barthel score 13/20

Cognition

MMSE 22/30

Measurements:

Average BP	150/80
Hb	10.8
MCV	78.3
Na	134
K	3.6
Urea	4.4
Creatinine	53

Case 88:
87 year old male

Past Medical History:

1. Recent left MCA stroke
2. Atrial fibrillation
3. Upper GI bleed due to gastric ulcer 6 months ago
4. Coronary artery bypass 2008
5. Abdominal aortic aneurysm repair
6. Gout
7. Hypertension
8. Chronic kidney disease III
9. Post-stroke depression
10. Glaucoma
11. Epilepsy

Medications:

1. Atorvastatin 10mg od
2. Omeprazole 40mg od
3. Ferrous fumarate 305mg od
4. Senna 15mg nocte
5. Quetiapine 25mg mane, 12.5mg tarde
6. Mirtazapine 15mg nocte
7. Calcium 500mg bd
8. Colecalciferol 400units bd
9. Lactulose 10mls bd
10. Levetiracetam 250mg bd
11. Travaprost eye drops
12. Movicol 1 sachet od
13. Zopiclone 7.5mg od
14. Paracetamol 1g TDs
15. Timolol eye drops bd

Function

Wheelchair dependent
Assistance with all ADLs
Occasional urinary incontinence

Cognition

Moderate-to-severe aphasia.

Measurements:

Average BP	130/65
Hb	10.8
MCV	83.7
Na	141
K	4.1
Urea	9.4
Creatinine	111

Case 89:
76 year old female

Past Medical History:

1. Anxiety disorder - longstanding
2. Dementia with BPSD
3. Falls
4. Lacunar stroke 2013
5. Stasis dermatitis

Medications:

1. Quetiapine 25mg bd
2. Lorazepam 1mg bd
3. Aspirin 75mg od
4. Lofepramine 75mg od
5. Zopiclone 15mg od
6. Omeprazole 20mg od
7. Prazepam 10mg od
8. Silcocks base bd

Function

Dependent in all ADLs

Barthel 4/20

Cognition

MMSE 13/30

Measurements:

Average BP	120/70
Hb	13.3
MCV	90.8
Na	144
K	4.4
Urea	14
Creatinine	66

Case 90:
92 year old female

Past Medical History:

1. Dementia
2. Heart failure
3. Previous TIA
4. Pulmonary fibrosis: LTOT

Medications:

1. Aspirin 75mg od
2. Multivitamin1 tablet od
3. Memantine 20mg od
4. Forticreme 1 bd
5. Fortijuice 1 sachet od
6. Furosemide 20mg od
7. Movicol 1 sachet bd
8. Salbutamol nebs qds
9. Ipratropium nebs qds

Function

Nursing home resident
Assistance with personal ADLs

Cognition

'moderate dementia'

Measurements:

Average BP	125/85
Hb	12.0
MCV	-
Na	143
K	4.4
Urea	9.8
Creatinine	99

Case 91:
79 year old male

Past Medical History:

1. Falls
2. Dementia
3. Stroke 2003: right hemiparesis with hypertonia
4. Previous pulmonary embolism
5. Hypothyroidism
6. Sialorrhea
7. Chronic kidney disease

Medications:

1. Zolpidem 5mg od
2. Tizanadine 4mg od
3. Levothyroxine 100mcg od
4. Senna 15mg od
5. Aspirin 75mg od
6. Atropine drops: 1 drop daily under tongue

Function

Fully dependent in all ADLs

Cognition

MMSE 16/28

Measurements:

Average BP	115/70
Hb	9.8
MCV	110
Na	144
K	4.4
Urea	11.4
Creatinine	120

Case 92:
88 year old female

Past Medical History:

1. Atrial fibrillation
2. Chronic kidney disease III/IV
3. Osteoporosis
4. Endometrial cancer: hysterectomy 2015
5. Falls
6. B12 deficiency
7. Heart failure with reduced ejection fraction: EF 35%
8. Depression

Medications:

1. Escitalopram 10mg od
2. Esomeprazole 20mg od
3. Calcium 500mg bd
4. Colecalciferol 400units od
5. Furosemide 40mg od
6. Spironolactone 25mg od
7. Lactulose 10mls tds
8. Senna 15mg nocte
9. Vitamin B12 tablets 100mcg od

Function

Assistance of 1 with frame. Incontinent of urine. NH resident

Cognition

MMSE 20/30

Measurements:

Average BP	130/80
Hb	10.5
MCV	85
Na	136
K	4.5
Urea	15.2
Creatinine	165

Case 93:
70 year old male

Past Medical History:

1. Idiopathic parkinson's disease
2. Parkinson's disease dementia with BPSD – psychosis and sexually disinhibited behavior 2014
3. Sialorrhoea
4. Hypothyroidism
5. Hypertension
6. Heart failure with preserved ejection fraction
7. Suprapubic catheter

Function

Nursing home resident x 5 years
Very dependent

Cognition

Not formally assessed. Orientated to place

Medications:

1. Aripiprazole 15mg bd
2. Carbidopa/levodopa 10/100 -2 tablets 5 times/day
3. Carbidopa/levodopa CR 50/200mg nocte
4. Entacapone 200mg 5 times/day
5. Levodopa/benserazide 100/25 nocte
6. Levothyroxine 50mcg od
7. Paracetamol 1g qds
8. Movicol 1 sachet od
9. Tolterodine 4mg od
10. Colecalciferol 1000units od
11. Rivastigmine 4.5mg bd
12. Scopalamine patch 1mg q72 hours
13. Bumetanide 1mg mane, 0.5mg tarde
14. Lactulose 15mls bd
15. Senokot 7.5mg nocte

Measurements:

Average BP	125/65
Hb	11
MCV	-
Na	138
K	4.4
Urea	7.5
Creatinine	115

Case 94:
83 year old male

Past Medical History:

1. Atrial fibrillation
2. Left MCA stroke 2014
3. Hypertension
4. Fragility fracture right hip 2012
5. Left lower limb DVT 2010
6. Recurrent sigmoid volvulus
7. Degenerative disease of the spine
8. Heart failure with preserved ejection fraction
9. Malaena -2016: Gastroscopy -normal, Sigmoidoscopy- poor prep but no bleeding source seen.

Medications:

1. Pantoprazole 40mg od
2. Calcium 500mg bd
3. Colecalciferol 400units bd
4. Spironolactone 25mg od
5. Olanzapine 5mg od
6. Paracetamol 1g Tds
7. Furosemide 40mg od
8. Zolpidem 5mg nocte
9. Movicol 1 sachet bd
10. Oxycodone 5mg nocte
11. Rivaroxaban 15mg od

Function

NH resident, hoist transfer
Assistance with all ADLs
Incontinent x 2

Cognition

No formal screen "orientated in person, place and time"

Measurements:

Average BP	125/70
Hb	15.9
MCV	92.2
Na	137
K	4.2
Urea	8.7
Creatinine	86

Case 95:
67 year old male

Past Medical History:

1. Stage IV small cell lung cancer with soft tissue metastasis to right shoulder: palliative chemotherapy and radiotherapy
2. Recent prolonged hyperactive delirium
3. Mild cognitive impairment
4. COPD: LTOT
5. Usual interstitial pneumonitis
6. Hepatic steatosis
7. Depression
8. Ischaemic heart disease

Medications:

1. Salbutamol nebs qds
2. Ipratropium nebs qds
3. Paroxetine 10mg od
4. Nicorette patch 25mg od
5. Paracetamol 1g tds
6. Olanzapine 5mg bd
7. Senna 15mg nocte
8. Memantine 20mg od
9. Sona balance 1 tablet od
10. Lactulose 15mls bd
11. Fresubin energy drinks od
12. Morphine sulphate 2.5mls prn

Function

Mobile with stick
Independent pADLs

Cognition

MMSE 26/30

Measurements:

Average BP	125/85
Hb	10.2
MCV	-
Na	135
K	4.4
Urea	7.1
Creatinine	54

Case 96:
73 year old male

Past Medical History:

1. Dementia with BPSD
2. Falls
3. Left hip fracture 2016
4. COPD
5. Hernia repair

Medications:

1. Symbicort inhaler 400/12 bd
2. Quetiapine 25mg bd
3. Lactulose 10mls bd
4. Tiotropium 18mcg od
5. Paracetamol 1g TDS
6. Alendronate 70mg weekly – duration unclear
7. Colecalciferol 5600units weekly

Function

NH resident
Mobilizes with frame and assistance of 1.
Assistance of 1 with washing and dressing

Cognition

MMSE 22/30

Measurements:

Average BP	130/75
Hb	12.4
MCV	-
Na	136
K	4.2
Urea	7.1
Creatinine	53

Case 97:
84 year old male

Past Medical History:

1. Recent intracerebral haemorrhage: dense left hemiparesis
2. Epilepsy
3. COPD
4. Hypothyroidism
5. Gout
6. Dementia
7. Low back pain

Medications:

1. Levothyroxine 50mcg od
2. Montelukast 10mg od
3. Lansoprazole 15mg od
4. Allopurinol 300mg od
5. Levetiracetam 250mg bd
6. Becotide inhaler bd
7. Memantine 20mg od
8. Bisoprolol 2.5mg od
9. Lignacaine patch 5%

Function

Dense left hemiparesis.
Fully dependent
NH resident prior to stroke

Cognition

Not assessed –"moderate dementia"

Measurements:

Average BP	170/90
Hb	10.7
MCV	99.7
Na	138
K	4.3
Urea	9.9
Creatinine	105

Case 98:
82 year old female

Past Medical History:

1. Dementia
2. Heart failure: ischaemic cardiomyopathy with reduced ejection fraction
3. Cerebrovascular disease
4. Polymyalgia rheumatica
5. Osteoporosis
6. Chronic kidney disease IV
7. Hypothyroidism

Medications:

1. Clopidogrel 75mg od
2. Prednisolone 5mg od
3. Bumetanide 1mg od
4. Levothyroxine 50mcg od
5. Bisoprolol 10mg od
6. Lansoprazole 30mg od
7. Quetiapine 12.5mg od
8. Senna 15mg nocte
9. Isosorbide mononitrate 30mg od

Function

Hoist transfer
Incontinent x2
Contractures

Cognition

'advanced dementia'

Measurements:

Average BP	120/70
Hb	11.4
MCV	-
Na	144
K	4.2
Urea	13.4
Creatinine	172

Case 99:
73 year old male

Past Medical History:

1. Left MCA stroke
2. Upper GI bleed 3 months ago: Gastroscopy –mild gastritis, small vascular lesion/ telangiectasias. Not sufficient to make diagnosis of Gastric Antral Vascular Ectasia
3. Chronic kidney disease with proteinuria
4. Peripheral vascular disease
5. Spinal stenosis
6. Coronary artery disease
7. History of alcohol excess
8. Benign prostatic hyperplasia: longterm urethral catheter
9. Depression

Medications:

1. Clopidogrel 75mg od
2. Omeprazole 40mg od
3. Mirtazapine 15mg od
4. Tamsulosin 400mcg od
5. Paracetamol 1g Qds
6. Alfuzocin 2.5mg TDS
7. Lactulose 10mls tds
8. Senna 2 tablet nocte
9. Diazepam 5mg bd
10. Thiamine 100mg od
11. Ezetimibe 10mg od

Function

Assistance of 1 for mobility and ADLs
Barthel 5/20
Continent

Cognition

Aphasic.

Measurements:

Average BP	135/65
Hb	10.6
MCV	90.4
Na	137
K	4.4
Urea	8.5
Creatinine	155

Case 100:
94 year old female

Past Medical History:

1. Heart failure with reduced ejection fraction
2. Atrial fibrillation
3. Pseudogout right knee
4. Left hip fracture 5 months ago
5. Hypertension
6. Hypothyroidism
7. Chronic kidney disease III
8. Type 2 diabetes mellitus

Medications:

1. Gliclazide MR 60mg od
2. Metformin 500mg bd
3. Calcium 500mg bd
4. Colecalciferol 400units bd
5. Levothyroxine 125mcg od
6. Senna 2 tablets nocte
7. Pantoprazole 40mg od
8. Lignacaine patch 5% od
9. Paracetamol 1g tds
10. Nebivolol 2.5mg od
11. Furosemide 40mg od
12. Isosorbide mononitrate 30mg od
13. Warfarin 1mg od

Function

Help with ADLs: Barthel 13/20

Cognition

MMSE 20/30

Measurements:

Average BP	140/80
Hb	12.0
MCV	84
Na	138
K	3.6
Urea	9.0
Creatinine	105