**CASE–** **Osteoarthritis:**

Mrs KR is a 70-year-old woman who weighs 80 kg and is 162 cm tall. Her BMI is

30 kg/m2. Mrs KR lives alone and has no immediate family in this country. Her past medical history includes osteoarthritis and hypertension. Her medication includes:

• lercanidipine 10 mg daily

• bendroﬂumethiazide 2.5 mg daily

• diclofenac 50 mg three times daily

• paracetamol 1 g four times daily.

Her blood pressure is 138/85 mmHg and her haemoglobin level is 13.1 g/dL (ref- erence range 12-18 g/dL). She has been admitted to hospital complaining of abdominal pain and chest pain. After an ECG, which is normal and various other tests, a cardiac problem is excluded and it is decided that she requires an OGD.

**Questions:**

1. What does a GD stand for? Why do you think it might be being performed?
2. Mrs. KR has had her blood pressure and hemoglobin level checked, why might the medical staff do this?
3. Mrs. KR is subsequently diagnosed with gastritis. Which of her medicines may have caused this?
4. What advice would you give regarding the management of this problem?
5. Mrs. KR is taking lercanidipine to manage her hypertension. Is that rational?
6. Mrs. KR is taking analgesics to manage the symptoms of her osteoarthritis. What is osteoarthritis?
7. What are the signs and symptoms of osteoarthritis?
8. What risk factors may predispose patients to getting osteoarthritis and which risk factors does Mrs. KR have?
9. What non-drug recommendations could you give her regarding the management of osteoarthritis?
10. Mrs KR is using diclofenac, an NSAID to manage the symptoms of her osteoarthritis. How do NSAIDs work in the treatment of osteoarthritis?
11. What are the contraindications and cautions for the use of diclofenac?
12. Critically appraise the alternative treatments available for osteoarthritis?

A year later, the GP refers Mrs. KR to her consultant as she has been having dif- ficulty walking and severe pain in her knee joint. The consultant discusses her condition and mentions the possibility of a knee replacement as the joint is badly affected.

1. Knee replacement would involve major surgery. What are the risk factors for Mrs.KR?
2. Draw the flowchart for the management of osteoarthritis.
3. Recovery from a knee replacement can take some time and several healthcare professionals are likely to be involved. Discuss the role for each professional involved in Mrs KR's care plan following hospital discharge