

Patient Setting:

65-year-old Caucasian female that was discharged from the hospital 10 weeks ago after a motor vehicle accident presents to the clinic today. States she is having severe wheezing, shortness of breath and coughing at least once daily. She can barely get her words out without taking breaks to catch her breath and states she has taken albuterol once today.

HPI

Frequent asthma attacks for the past 2 months (more than 4 times per week average), serious MVA 10 weeks ago; post traumatic seizure 2 weeks after the accident; anticonvulsant phenytoin started – no seizure activity since initiation of therapy.

PMH

History of periodic asthma attacks since early 20s; mild congestive heart failure diagnosed 3 years ago; placed on sodium restrictive diet and hydrochlorothiazide; last year placed on enalapril due to worsening CHF; symptoms well controlled the last year.

Past Surgical History

None

Family/Social History

Family: Father died age 59 of kidney failure secondary to HTN; Mother died age 62 of CHF
Social: Nonsmoker; no alcohol intake; caffeine use: 4 cups of coffee and 4 diet colas per day.

Medication History

Theophylline SR Capsules 300 mg PO BID
Albuterol inhaler, PRN
Phenytoin SR capsules 300 mg PO QHS
HTCZ 50 mg PO BID
Enalapril 5 mg PO BID

Allergies

NKDA

ROS

Positive for shortness of breath, coughing, wheezing and exercise intolerance. Denies headache, swelling in the extremities and seizures.

Physical exam

BP 171/94
HR 122,
RR 31,
T 96.7 F,
Wt 145,

Ht 5' 3"

VS after Albuterol breathing treatment - BP 134/79, HR 80, RR 18

Gen: Pale, well developed female appearing anxious.

HEENT: PERRLA, oral cavity without lesions, TM without signs of inflammation, no nystagmus noted.

Cardio: Regular rate and rhythm normal S1 and S2.

Chest: Bilateral expiratory wheezes.

Abd: soft, non-tender, non-distended no masses.

GU: Unremarkable.

Rectal: Guaiac negative.

EXT: +1 ankle edema, on right, no bruising, normal pulses.

NEURO: A&O X3, cranial nerves intact.

Laboratory and Diagnostic Testing

Na - 134

K - 4.9

Cl - 100

BUN - 21

Cr - 1.2

Glu - 110

ALT - 24

AST - 27

Total Chol - 190

CBC - WNL

Theophylline - 6.2

Phenytoin - 17

Chest Xray - Blunting of the right and left costophrenic angles

Peak Flow - 75/min; after albuterol - 102/min

FEV1 - 1.8 L; FVC 3.0 L, FEV1/FVC 60%