**Case 2 Lecturer Copy**

Mrs BW is a 70 year old lady who visited the clinic.

**PC:**

Patient is complaining of back pain.

**PMH:**

Hypertension

Increased cholesterol

**Medicines:**

Hydrochlorothiazide 25mg mane

Atorvastatin 10mg mane

**Investigation:**

The consultant ordered a DEXA scan which showed that she had osteoporosis of her spine.

A blood test showed that her Vitamin D level was low.

**Action:**

Consultant started patient on the following drugs:

Alendronate 70mg once a week

Vitamin D 3x25 microgram daily until next clinic visit when it will be reviewed

Get each student to prepare counselling (5 minutes), then break the students into pairs.

Student must mention the following for alendronate:

Do not chew or suck tablet.

Swallow whole with 200mL of water

Wait 30 minutes before taking another food

Stay upright for 30 minutes

Do not take antacid, calcium, iron or mineral supplements.

See doctor immediately if you have pain or swallowing or new or worsening heartburn