

Therapeutics II Spring 2004,
Quiz 1

KDG is a 35y.o WM that is seen by his physician in clinic.

CC: "I have these "episodes" of fright where my heart starts to hurt and pound in my chest, I can't catch my breath, I get real nauseated, and I feel like the world is closing in on me. It's happened twice – and both times were on the way to work while crossing the Poplar Street Bridge. It's awful –when these "episode" come on, I feel like I'm going to die! I'm worried that I'll kill someone or myself when driving to work. I'm so worried it'll happen again, I don't want to drive to work; I've been taking the Metro-Link for the past six weeks!"

"I'm so worried about these episodes, it's been hard for me to sleep at night. I can't remember the last time I got a good night's rest. It's been at least a month! I just lie in bed and stare at the clock. I eventually fall asleep, but only after I've been lying there for four or more hours!"

SH: (+) caffeine use: several cups of coffee each morning, (+) EtOH 1-2 glasses of beer several nights per week to help him calm down when he has had a stressful day.

Denies street drug use

(+)tobacco ½ ppd

PMH: HTN

Hypercholesterolemia

History of gastric ulcer

PSH: s/p appendectomy 2000

Family history: father with DM2, mother deceased, remembers her "being sad a lot"

Current meds: enalapril 10mg po once daily

Lovastatin 20mg/day

Sucralfate 1 g QID

Past medications

propranolol – d/c 2/2 ED sx

OTC: diphenhydramine prn allergies

Pseudoephedrine prn allergies

Aleve prn back pain

Docusate sodium prn

Vitals: BP 138/40 P 88 RR 17 Temp 37.1 5'11" 80kg

PE: Neuro: A & O x 3

HEENT: PERRLA

Neck: Supple, no nodes

CV: RRR, normal S1 and S2

Lungs: CTAB

Abd: + BS, non-tender

Ext: no CCE

Labs: Na 140, K 3.9, Cl 104, Co2 22, BUN 14, SrCr 1.1, Glu 94, Ca 9.6, albumin 4.0
H/H 14.6/45.7, WBC 9.8, Plt 232 TSH 4.5

- Assess this patient’s anxiety disorder, List diagnostic criteria exhibited by the patient (KDG) that justifies your assessment. (4 points)
 - Panic disorder (1.5 point)
 - **Justification (2.5 points – ½ pt for each bullet)**
 - More than 2 unexpected panic attacks (not precipitated by anything)
 - Has exhibited following sx for >1 month
 - Anticipatory anxiety
 - Significant change in behavior (takes metro now)
 - Worry about implications (killing himself or another driver)

- Select and recommend therapy for this patient’s *anxiety* disorder. Include drug(s) dose, route, and duration. (2 points)
 - **Antidepressant** (SSRI first line)
 - **SSRI** – Zoloft and Paxil FDA approved for PD but will accept any SSRI at starting dose!
 - **The following are what the students will most likely pick:**

AGENT ½ PT	STARTING DOSE ½ PT	ANTIPANIC DOSAGE RANGE
Alprazolam	0.25-0.5 mg tid	4-10 mg/d
Clonazepam	0.25 mg bid	3-4 mg/d
Fluoxetine	2.5-5 mg qd	2.5-20 mg/d
Fluvoxamine	25 mg qd	150-300 mg/d
Paroxetine	10 mg qd	10-60 mg/d
Sertraline	12.5-25 mg qd	25-200 mg/d

- **Route ½ pt:** PO
- **Duration ½ pt:** treatment period of 12 months is recommended after response has occurs.

- Students may elect to also start a BZD – only accept if used concomitantly with AD. Goal to taper BZD after AD has “kicked in”

- Assess KDG’s sleep disorder (1 point)
 - Chronic (long term) insomnia
 - Pt been experiencing this for “at least one month”

- Select and recommend therapy for KDG's sleep disorder (**3 points**)
 Include drug (1 pt) , dose (½ pt), route(½ pt) frequency (1/2 pt), and expected duration (½ pt)
 - Three options that are correct
 - Option 1: rapid onset, short duration BZ, or Ambien / Sonata
 - Option 2: intermediate – long elimination T1/2 BZD to cover for daytime anxiety (and help with PD)
 - Option 1:
 - Difficulty falling asleep
 - Therefore, need rapid onset, short duration BZ, or Ambien / Sonata
 - Triazolam 0.125mg once daily at bedtime
 - Zaleplon 10mg po once daily at bedtime
 - Zolpidem 10mg po once daily at bedtime
 - Option 2:
 - Quazepam 7.5mg po once daily at bedtime
 - Flurazepam 15mg po once daily at bedtime
 - Estazolam 1mg po once daily at bedtime
 - Option 3
 - Trazodone 50mg po q hs

Expected duration ½ pt: 7-14 day trial