



# JOHN SMITH

## DEMOGRAPHICS:

- **Age/Sex:** 59-year-old Male
- **Primary Care Access:** No Primary Care Provider > 5 years

## SIGNIFICANT MEDICAL HISTORY

### FROM NETCARE:

- Hypertension
- Hypertensive Crisis/Transient Ischemic Attack (2014)
- Left Ankle Fracture requiring Surgical Repair (2024)
- Overdue for:
  - Colorectal Cancer Screening
  - Lipid Panel
  - HbA1C Screening
- **Medications:** None

### ADDITIONAL INFORMATION FROM PATIENT:

- Self-discontinued antihypertensives shortly after hypertensive crisis/TIA
- Following Ankle Surgery: waking at night with left lower leg cold, blue, and numb with a "straight red line" climbing inner leg
- 1<sup>st</sup> degree relative with a diagnosis of colon cancer
- 1<sup>st</sup> degree relative with a diagnosis of diabetes

## SCREENING

- **Blood Pressure Monitoring:**
  - At-Home BP Monitoring (1 week)
  - **Result:** Hypertension
- **Lipid Panel:**
  - **Result:** Dyslipidemia
- **HbA1C:**
  - **Result:** Pre-Diabetic (**New finding**)
- **FIT testing**
  - Results and follow up through provincial screening program

## ACTION AND CARE PLAN

- Patient education – Hypertension
  - Risks of untreated hypertension, antihypertensives and common side effects, symptoms of hypertension and when to report to Emergency Department
- Patient education – Colorectal Cancer Screening
  - FIT testing benefits, risks, symptoms of colorectal cancer, ordering FIT test online via mail
- Report to ED if lower leg symptoms return

## HEALTH NEIGHBOURHOOD NAVIGATION

- Supported with reconnecting with Surgeon/Cast Clinic for assessment
- Patient's existing pharmacist to meet with patient and initiate prescriptions for hypertension & dyslipidemia at his discretion
- Referred to CRPCN 24 HR BP Service
- Offered CRPCN Chronic Disease Management referral
- Connected with PCP 4 months after discharge