

Case 4: “Dig’ you know, I like to grow foxglove?”

EM is an 84-year-old female who is in today for routine follow up. She notes that she has been having some strange vision changes where everything looks green and yellow, and that she has been kind of nauseated lately. This is new. Her previous medical history is significant for atrial fibrillation and hypertension, and osteoarthritis. She notes that she has been taking a lot of ibuprofen the last few weeks since she has been out in the garden getting ready for the season, and has experienced more pain as a result of that activity. She said she feels like she is doing well with her lifestyle efforts for blood pressure control—she is as active as she can be— and she is only adding salt lightly to foods.

Current Medications

Amlodipine 5 mg daily

Chlorthalidone 25 mg daily

Digoxin 250 mcg (0.25 mg) daily

Lisinopril 20 mg daily

Ibuprofen

Relevant vitals

BP: 154/88 left arm, seated

Pulse: 64

Relevant labs

Creatinine 0.9

Digoxin: 3.2 ng/ml (normal 1.5-2.5 ng/ml)

Potassium: 3.7

Sodium: 136

Questions

1. What factors could be contributing to the changes in vision and nausea that EM reports?
2. What would your next steps be?