

Case 1: “But I bought this over-the-counter!”

LG is a 64-year-old female patient of Dr. Jones who you had been following. She has a previous medical history of hypertension and atrial-fibrillation.

Today, she comes for follow up after discharge from the hospital for a recent bleeding episode.

Current medications:

Hydrochlorothiazide 25 mg daily

Lisinopril 10 mg daily

Metoprolol Tartrate 50 mg twice daily

Warfarin 5 mg daily

Relevant vitals

BP (today): 122/72 left arm, seated

Pulse: 68

Relevant Labs: (taken today)

Creatinine: 1.0

Potassium: 4.0

Sodium: 139

INR: 2.2 (target range = 2.0 - 3.0)

You note that her INR was 5.4 on admission. When you review medications with her, she does note that she has been bothered by her arthritis quite a bit lately, and has been taking Tylenol for that. This is not on her current medication list. She says she had been taking 2 tablets of arthritis strength Tylenol (650 mg per tablet) with each meal and at bedtime (total 8 tablets per day). She has not taken any Tylenol since being home from the hospital.

Questions:

1. What factors could have contributed to LG's recent hospitalization?
2. How would you counsel LG to reduce the risk of re-hospitalization for another bleed?