

Case Presentation

CREATED BY:

VANCE HOWERTON

DOCTOR OF PHARMACY
CANDIDATE CLASS OF 2022

UNIVERSITY OF MISSOURI –
KANSAS CITY

Patient Background

RP-II is a 46-year-old male scheduled for an initial consult

PMH/PSH: unanswered on enrollment form

Allergies: No Known Drug Allergies

SH: Unknown tobacco or alcohol use, endorses caffeine 2-6 cups/day and exercise 1-2.5 hours/week

BMI: Unknown

Known Active problems:

- Type II Diabetes Mellitus

Medications

metformin 500 mg

- 2 tablets PO BID

glimepiride 2 mg

- 1 tablet PO BID

Farxiga (dapagliflozin) 5 mg

- 1 tablet PO daily

simvastatin 20 mg

- 1 tablet PO daily

Nugenix Ultra

- 1 tablet PO daily

GNC Male Multivitamin

- 1 tablet PO BID

Type II Diabetes Mellitus

Subjective:

- Initial diagnosis in 2013, noticed he was having to go to the bathroom all the time
- Motivated to change lifestyle – exercising more
- Wants to avoid injections
- Reported Medication Use

Objective:

- Reported Hb-A_{1c}: 9.6% (08/21)
- Reported FBGs: 120-250 mg/dL (tests 3x/week) experiences lows with BG < 100 mg/dL
- Reported BP: <130/70 mmHg

Type II Diabetes Mellitus

Assessment:

- Uncontrolled
- Goals: Hb-A_{1c} – < 7.0%, FBG – 80-130 mg/dL, PP-BG – < 180 mg/dL¹

Plan:

- Non-Pharm – will cover in obesity
- Pharm
 - Optimize metformin therapy²
 - Optimize Farxiga therapy²
 - Optimize Statin therapy
 - Self-Monitor Blood Glucose

Obesity/Overweight

Subjective:

- Wants to be in better shape for his job as a law enforcement officer
- Interested in meal plan information
- Currently, trying to exercise more

Objective

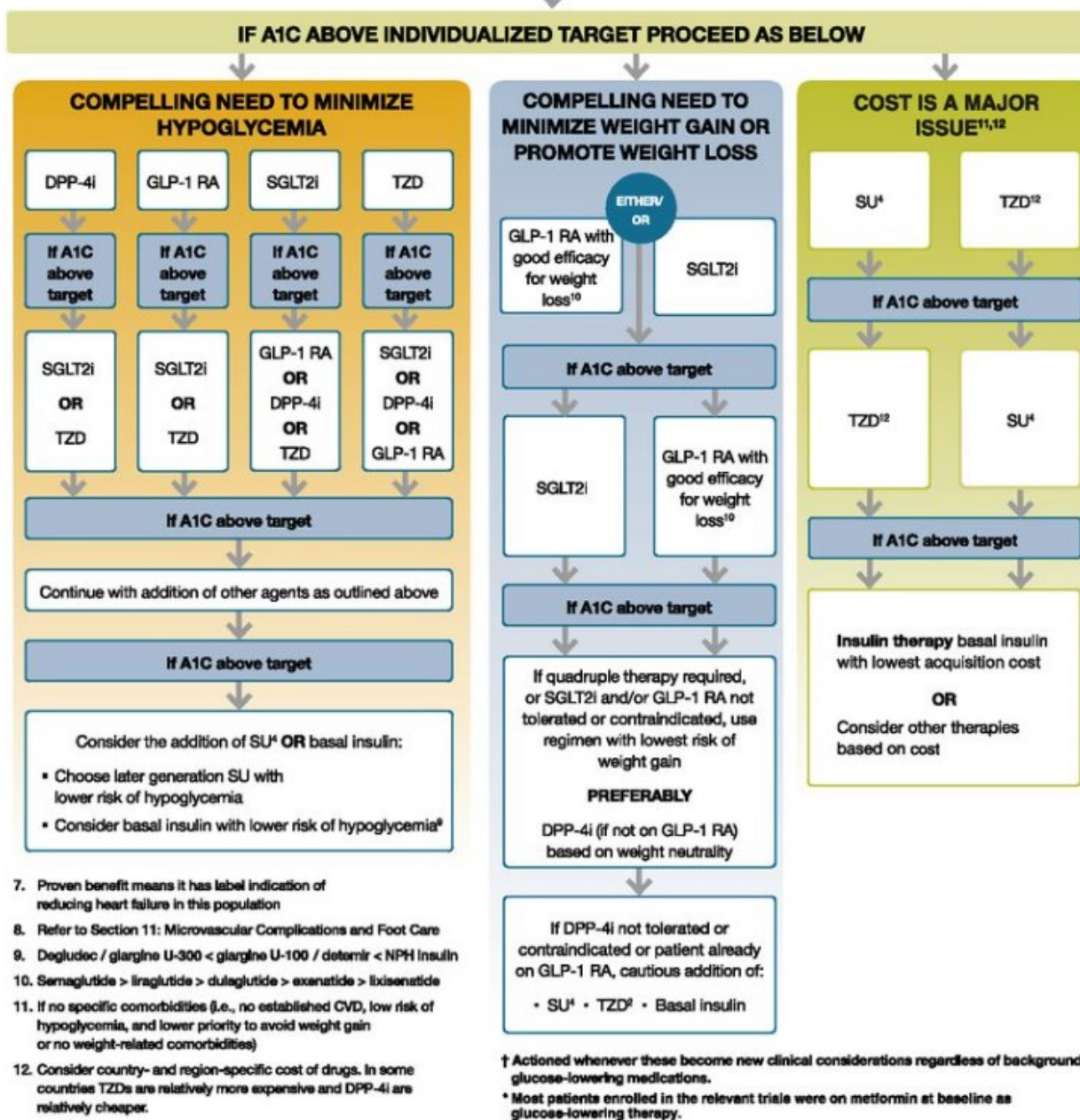
- BMI – 33 kg/m²

Assessment:

- Goals: Promote $\geq 5\%$ reduction in body weight through diet, exercise, and behavior changes³

Plan:

- Non-pharm
 - Diabetic plate method, exercise 150 minutes/week over 3 days performing aerobic activity with resistance training mixed in⁴
 - Setting up appointment with health coach to discuss options



Future Considerations

- Consider recommending switching to Rybelsus (semaglutide) from Farxiga
 - Oral tablet like Farxiga
- PIONEER 2⁵
 - Non-inferior to Jardiance (empagliflozin) in Hb-A_{1c} reduction
 - Better weight loss/waist circumference reduction?
 - GI side effects vs. UTIs

Anxiety

Subjective:

- No official diagnosis
- Stressors from job – law enforcement officer working in the jail
 - “missing things during a pat down”

Objective:

- GAD-7 – 10 (moderate anxiety)

Assessment:

- Experiencing anxiety related to stressors from job
- Goals: reduce symptoms and manage with non-pharm measures

Plan:

- Non-pharm
 - Recommended that the patient utilize his Employee Assistance Program

Low Testosterone

Subjective:

- Feels sluggish
- Reports total testosterone low (260s) with free testosterone in normal range
- Began taking supplements
 - Feels more awake since starting

Objective:

- n/a

Assessment:

- Goal: promote normal testosterone through discussion with PCP about treatment

Plan:

- Discuss treatments with PCP and continue to monitor testosterone lab values
- Pharm
 - Continue Nugenix ultra and GNC Male multivitamin PO daily

Preventative Measures	Type II Diabetes Mellitus	Diabetic Eye Exam	Indicated – Planning on doing soon ⁷
		Diabetic Foot Exam	PCP/self perform (no issues)
		Diabetic Dental Exam	Indicated – Trying to find a new dentist ⁷
		Indicated Immunizations	PPSV23 ⁷ Hep B ⁷
		Overall Health	
		Up To Date	Hep C COVID-19 (2/2 Moderna) Influenza (annual) Tdap
		Indicated	Colonoscopy ⁸



Questions?
