



Leonard Patrick

**Patient Information: Part 1**

Leonard Patrick is a 55 year old gentleman admitted for chest pain, shortness of breath, and nausea. ECG showed an anterior STEMI and the patient was taken to the cardiac catheterization lab. Investigation showed an Ejection Fraction of 45-50% and a blockage of the Left Anterior Descending Coronary Artery, which was successfully revascularized with a bare metal stent. There was evidence of plaque in his other coronary arteries, but none were clinically significant. The following day the patient was stable and mobilized without complication. A stress test was performed.

**Patient data**

Height 5'9" (175 cm)  
Weight 202 lbs (91.8 kg)  
BMI 30 Abd Circ 45 in (114 cm)  
Resting HR 62 bpm  
Resting BP 124/84

**Lipid Profile**

Total Chol	6.24
Trig	2.81
HDL	0.86
LDL	3.17
TC/HDL	7.3
FBG	6.8

**Medications**

ASA 81 mg  
Clopidogrel (Plavix<sup>®</sup>) 75 mg po daily  
Ramipril (Altace<sup>®</sup>) 2.5 mg po BID  
Rosuvastatin (Crestor<sup>®</sup>) 40 mg po daily  
Atenolol 50 mg BID  
NTG SL prn as directed

**Stress test**

Maximum Workload – 7 METs  
Maximum Heart Rate – 110 bpm  
Maximum Blood Pressure – 162/94  
End Point – Fatigue  
No evidence of ischemia on ECG

**Patient information: Part 2**

Leonard is a smoker, drives a taxi in the city, and is married with two children who both live in another province. He currently has no coverage for medications and no family physician. He is ready for medical discharge and his wife is on her way to the hospital to drive him home. He is anxious to leave and you have approximately 20 minutes to do his discharge teaching.