



Sophia Smith

Patient Information Part 1

Sophia Smith is a 60 year old woman who has just been referred to the cardiac rehabilitation program and has been assigned to your team. She was visiting her family doctor and has voiced her concerns about her risk factors for heart disease and with her positive family history, would really like to minimize her chances of dying from a heart attack like her mother (age 60) and her brother (age 55). Her family doctor heard something about the cardiac rehabilitation program and thought it might be useful for her to go “through the process”.

Patient Data

Hypertension x 10 years (well controlled over the past 4 years)
Hyperlipidemia (currently untreated and has not been checked in 3 years)
Non-smoker
Obese (BMI 33)
Osteoarthritis in right knee (does not limit her)

Social History

Married for 40 years, has two children and three grandchildren
She is a retired pediatric nurse

Medications

Metoprolol 50 mg po BID
EC ASA 81 mg po daily
Lisinopril 10 mg po BID

Patient information Part 2

After your first interview with Mrs. Smith, you discover she is taking Advil® Extra Strength for her osteoarthritis and wonders if that is okay with her other medications.