

Falls at home

A 76 yr old female was admitted to hospital after being found on the floor by the home help. She complained of frequent dizzy spells , particularly on standing. She had several falls at home and 2 hospital admissions, and was increasingly dependent on social services. She also complained of lethargy, hoarse voice , intermittent confusion and weight gain of 7 Kg in the past seven months. PMH OA. DH Paracetamol.

O/E pale and frail. HR 60 /min. BP 200/60 lying, 90/50 standing. JVP not raised. Slightly displaced apex. Soft 1st and 2nd HS, nil added. Chest and abdo normal. Neuro normal.

Hb 10
WCC 6
Plt 149
Na+ 118
K+ 5.3
U 3.0
Cr 69
LFT Normal
ECG Normal
CXR enlarged heart

What is the case of her falls? (2 marks)

Postural hypotension

What condition could be causing this? (2 marks)

Addisons disease

What test could be used to confirm this? (2 marks)

Short synacthen test

What other biochemical abnormality do the symptoms suggest? (2 marks)

hypothyroidism

Name two tests, one to confirm the dignosis, and one to investigate an important biochemical side effect of this condition (2 marks)

TFTs, random lipid profile