## Texas Tech MedCast Podcast Episode Fact Sheet

<table>
<thead>
<tr>
<th>Podcast Series</th>
<th>Reynolds Geriatrics Series • USMLE Step 2CK Prep</th>
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<tr>
<td>Episode Title &amp; Question Number</td>
<td>“Too Much of a Good Thing,” based on Question 73 of the 2011 USMLE Sample Exam</td>
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<tr>
<td>Personnel</td>
<td>Omar Shoukfeh and Wes Lane</td>
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### MS4 Geriatrics Rotation
December 5th - December 16th, 2011

### Step2CK Question
An 82-year old woman is brought to the emergency department by her son because of a 1-week history of nausea. She has had a decreased appetite resulting in a 4.5-kg (10-lb) weight loss over the past month. She has atrial fibrillation, congestive heart failure, and well-controlled type 2 diabetes mellitus. Medications include lisinopril, digoxin, furosemide, and glipizide. Her pulse is 60/min and regular, and blood pressure is 130/70 mm Hg. Visual acuity is 20/20. Deep tendon reflexes are absent at the knees and ankles bilaterally. Her serum glucose concentration is 120 mg/dL. Arterial blood gas analysis shows no abnormalities. Which of the following is the most likely cause of the patient’s symptoms?

- (A) Digoxin toxicity
- (B) Hyperthyroidism
- (C) Inadequate control of blood glucose concentration
- (D) Lacunar cerebral infarction
- (E) Subacute meningitis

### Learning Objectives
**The listener should be able to:**

1. Identify the common signs and symptoms of chronic digoxin toxicity
2. Understand what agent reverses digoxin toxicity
3. Describe how digoxin can potentially affect a patient’s EKG results.
# Key Teaching Points

The main teaching point is that not all of a patients’ problems are organic in nature. Always make sure you are fully aware of which medications the patient is on and their various side-effect profiles. A doctor should have a systematic way of working up a patient. Before you proceed on expensive diagnostic tests make sure you think of all the things that will cause the least harm to the patient’s health and wallet. One of the early steps in your approach should involve taking a good look at a patients’ medication list.

# Keywords

geriatrics, Step2CK, digoxin toxicity, study

# Comments

Prepared using Xtranormal.com

# References

http://www.nlm.nih.gov/medlineplus/diabeticfoot.html#cat57

http://www.endocrineweb.com/conditions/hyperthyroidism/hyperthyroidism-overactivity-thyroid-gland-0