

Frequent NSAID purchases in a patient with kidney disease



Assume that today's date is 22 October 2026. Mrs Kirkwood came into the pharmacy this morning asking to buy naproxen. You have arranged for her to see her GP at 3.30 pm today. You are a community pharmacist at Station Road Community Pharmacy. Using the information in the case notes, write a letter to Mrs Kirkwood's GP, Dr Kofi Nyberg, to be sent ahead of her same-day appointment. Inform him of her regular use of over-the-counter naproxen, the interaction risk with her current medicines, her current findings and the advice you have given, and request an urgent review. Address the letter to Dr Kofi Nyberg, General Practitioner, Station Road Medical Centre, 42 Station Road. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

Patient details

- | | I | C | O |
|--|--------------------------|--------------------------|--------------------------|
| 1. Name: Mrs Shona Kirkwood | ☐ | ☐ | ☐ |
| 2. DOB: 14/03/1955 (71 yrs) | ☐ | ☐ | ☐ |
| 3. Regular customer; dispensing and sales records held at pharmacy | ☐ | ☐ | ☐ |
| 4. Regular GP: Dr Kofi Nyberg | ☐ | ☐ | ☐ |

Social background

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|---|--------------------------|--------------------------|--------------------------|
| 5. Widowed; lives alone; independent with ADLs | ☐ | ☐ | ☐ |
| 6. Keen gardener; kneeling → ↑ knee pain | ☐ | ☐ | ☐ |
| 7. Daughter visits fortnightly; pt says daughter 'too busy with her own life to help' | ☐ | ☐ | ☐ |
| 8. Complained last month that counter staff were 'slow and unhelpful' | ☐ | ☐ | ☐ |
| 9. Reluctant to 'bother' GP; did not mention knee pain at last GP appt | ☐ | ☐ | ☐ |

Medical history

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|---|--------------------------|--------------------------|--------------------------|
| 10. Chronic kidney disease stage 3 (managed by GP) | ☐ | ☐ | ☐ |
| 11. Hypertension | ☐ | ☐ | ☐ |
| 12. Bilateral knee osteoarthritis (dx 2021), R > L | ☐ | ☐ | ☐ |
| 13. Cholecystectomy 2009 | ☐ | ☐ | ☐ |
| 14. Allergies: nil known | ☐ | ☐ | ☐ |
| 15. Regular meds (dispensed here): perindopril 5 mg mane; furosemide 40 mg mane; atorvastatin 20 mg nocte | ☐ | ☐ | ☐ |

Pharmacy consultation 22/10/26

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| 16. Requested OTC naproxen again; sales record here: 5 x 24-tab packs naproxen sodium 275 mg since 07/26; pt states further packs bought at other pharmacies | ☐ | ☐ | ☐ |
| 17. Taking naproxen sodium 275 mg, 2 tabs BD, most days for knee pain for approx. 3/12 | ☐ | ☐ | ☐ |
| 18. Also uses heat pack on knees in evenings | ☐ | ☐ | ☐ |

Pharmacy consultation 22/10/26

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| 19. Reports ↑ ankle swelling past 2/52; BP (pharmacy monitor) 152/88 mmHg, previous pharmacy readings approx. 135/80 | ☐ | ☐ | ☐ |
| 20. Denies SOB; reports no noticeable change in urine output | ☐ | ☐ | ☐ |
| 21. No other OTC or complementary medicines | ☐ | ☐ | ☐ |
| 22. Pt unaware anti-inflammatories can affect kidneys | ☐ | ☐ | ☐ |
| 23. Flu vaccine given at pharmacy 03/26 | ☐ | ☐ | ☐ |
| 24. Asked whether loyalty card discount applies to prescriptions | ☐ | ☐ | ☐ |

Assessment

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| 25. NSAID + ACE inhibitor + diuretic ('triple whammy') → ↑ risk of acute kidney injury; also risk of hyperkalaemia, fluid retention, ↓ BP control | ☐ | ☐ | ☐ |
|---|--------------------------|--------------------------|--------------------------|

Advice given

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| 26. Advised to stop naproxen immediately; sale declined | ☐ | ☐ | ☐ |
| 27. Advised paracetamol per label directions in interim for knee pain | ☐ | ☐ | ☐ |
| 28. Advised to avoid all OTC anti-inflammatories (e.g. ibuprofen, some cold & flu products); written info given | ☐ | ☐ | ☐ |
| 29. Pt agreed to stop; consented to pharmacist contacting GP | ☐ | ☐ | ☐ |
| 30. Safety-net: if ↓ urine output, SOB, confusion or feels unwell before appt → call 000 or attend ED | ☐ | ☐ | ☐ |

Plan

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|---|--------------------------|--------------------------|--------------------------|
| 31. Phoned Station Road Medical Centre → same-day appt with Dr Nyberg 3.30 pm today; letter sent ahead. Request urgent check of renal function & electrolytes (incl. K+), BP, fluid status/ankle swelling | ☐ | ☐ | ☐ |
| 32. Suggest GP review OA pain management, incl. non-drug options (e.g. physiotherapy, exercise) and suitable analgesia | ☐ | ☐ | ☐ |
| 33. Alert added to pharmacy record to flag any future NSAID requests | ☐ | ☐ | ☐ |