

Nana

Nana is a 27-year-old who attends your pharmacy seeking a repeat prescription of her combined pill that she has been using for several years. Nana confirms that nothing has changed in her medical history, and she is happy on this pill as other pills drove her crazy.

- **What questions are you going to ask Nana?**

From discussion there is no reason that you are unable to issue Nana her pill. She tells you her height and weight which is within BMI range for her to have pill but when measuring her blood pressure this is borderline at 142/85. You measure this again this then comes up to 148/ 88. She then tells you that she has white coat syndrome, and this happens to her.

- **Do you proceed to issue her with the combined pill? What would you discuss with Nana?**

What would your management be? What would be your main concerns?

What alternatives would you offer Nana?

**What if Nana is not happy with the plan, would you re-
issue her desired pill?**