

Last Name	Client from Week 4 Lesson
P – R	Barbara Witten

Describe your assigned client's situation. Why are they presenting to the clinic? What medications are they currently taking?

My patient is a 67-year-old patient named Barbara Witten. She is being seen at the clinic for a review of her current rheumatoid arthritis medications due to her methotrexate not providing her with adequate pain relief despite its effectiveness for the last 2 years and being on the maximum dose. Ms. Wittens exam is normal besides notable arthralgia and swelling. Her current medications include methotrexate (Rheumatrex) 30 mg PO once weekly & folic acid 5 mg PO once weekly. The NP is considering changing Ms. Winttens pharmacological regimen in addition to using non-steroidal anti-inflammatory drugs (NSAIDs) and glucocorticoids.

Assess the applicable clinical practice guideline (CPG) for your assigned client. What treatment is recommended by the CPG for your client's situation?

Since my patient is no longer benefiting or achieving relief from a conventional or csDMARD, which in this case is methotrexate, it is recommended that the patient be switched to a biological or bDMARD or to a targeted or tsDMARD (Fraenkel et al., 2021). In this given patient scenario, we could either taper the patient off methotrexate while initiating bDMARD medication or add a bDMARD to her current methotrexate regimen (Fraenkel et al., 2021). bDMARDs are a class of medication known as a tumor necrosis factor (TNF) inhibitors and include medications such as etanercept, adalimumab, infliximab, and golimumab (Fraenkel et al., 2021). Although, bDMARDS are not typically recommended as a first line of treatment in patients with RA, they are recommended when patients have an inadequate response to csDMARDs such as methotrexate, in addition to the use of NSAIDs and glucocorticoids

(Fraenkel et al., 2021).