

<b>Last Name</b>	<b>Client from Week 4 Lesson</b>
A - C	<a href="#">Rishi Agarwal</a>

## NR565 week 4 discussion

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

Mr. Rishi Agarwal is a 70-year-old male presenting to the clinic with pain and swelling in both knees. He states this has been ongoing for several months. He explains that his pain worsens when he gets up and moves around, and when he wakes up and sits for too long, he gets stiff. He has been taking acetaminophen (Tylenol) with no relief. He had an X-ray to confirm the diagnosis. He was diagnosed with osteoarthritis in bilateral knees. This was diagnosed from the X-ray performed and clinical manifestations. Knees, hips, and hands are the most common joints affected by osteoarthritis (Kolasinki et al., 2020). On examination, edema was noted in bilateral knees. Otherwise, his physical exam and lab results were in normal ranges. The nurse practitioner that he sees ordered physical therapy and considers he continues using over-the-counter Tylenol. He has a history of type 2 diabetes. He is allergic to cephalosporins. He is currently taking metformin (Glucophage) 500mg PO BID. He is a previous smoker and quit 20 years ago. He also drinks alcohol twice per month. He is 6'2, weighs 190lbs, BMI of 24.4. Vital signs are BP 124/80, HR 67, RR 17, O2 sat 96% on RA and temp 98.5 oral.

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

Osteoarthritis (OA) management can include education, behavioral treatment, psychosocial, physical interventions, topical, oral, and intraarticular medications for patients (Kolasinki et al., 2020). Controlling symptoms might include multiple interventions or a combination of physical, psychosocial, mind-body or pharmacological (Kolasinki et al., 2020). I think based on the CPG, this patient would benefit from these treatment options by having physical therapy to help with the movement issues he is having and the stiffness he experiences. Recommendations in patients with osteoarthritis (OA) are weight loss in patients with hip or knee, exercise, self-help and management programs, tai chi, medical equipment such as a cane,