



Marla May, a 30-year-old non-binary client (pronouns they/them; DOB: 3/5/1994), presents to the clinic complaining of frequent episodes of shortness of breath, cough, and chest tightness that occur most days of the week. They have been taking prescribed low-dose ICS-formoterol inhaler twice daily and as needed for symptom relief, currently adhering to step three therapy, according to the CPG. Marla asks the NP if there is a possibility for other medications for better symptom control. The NP's physical assessment reveals bilateral expiratory wheezes on auscultation with no retractions present. The rest of the physical exam is unremarkable. The NP determines that Marla is correctly using the inhaler and spacer and is strictly adhering to their medication regimen. Based on current asthma CPGs, the NP decides to prescribe different asthma medication for Marla and considers what would be appropriate.

Past Medical History

Asthma

Allergies

None

Medication

budesonide 80mcg/formoterol 4.5 mcg (Symbicort) two puffs via inhalation BID

Social History

They quit smoking cigarettes five years ago and drink alcohol once per month.

Physical Exam

HEIGHT: 5'10"

WEIGHT: 160 lbs

BMI: 23

BP: 119/73

HR: 83

RR: 22

O2 Sat: 96% on RA

TEMP: 98.7 oral

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

Marla May is a 30-year-old non-binary client (uses they/them pronouns) who presented to the clinic with complaints of shortness of breath, cough, and chest tightness. Their symptoms have been occurring on most days of the week, suggesting inadequate asthma control. They are currently using a low-dose ICS-formoterol (Symbicort) inhaler twice daily and as needed. Marla is seeking information regarding alternative medications for improved symptom management. The provider's assessment identified bilateral expiratory wheezes on auscultation, with no retractions noted.

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

According to the Clinical Practice Guidelines (CPG), the patient is currently receiving treatment at step 3 for asthma, which includes the use of a Low Dose Inhaled Corticosteroid (ICS) for maintenance and as needed. The recommendation for advancing