

Week 7 Discussion



Lalisa Makok, a 55-year-old female client (DOB: 12/5/1969), presents to the clinic complaining of frequent heartburn and nausea daily, beginning after omeprazole was discontinued one month ago. She was originally seen by the NP complaining of these symptoms and prescribed omeprazole for an eight-week trial. During the eight-week trial, her symptoms resolved. Since the omeprazole was discontinued one month ago, the client has been experiencing daily heartburn and nausea. According to the CPG, the NP decides to send the client for a diagnostic endoscopy. The NP also considers what medications to prescribe to the client to relieve her symptoms.

Past Medical History

High Cholesterol

Allergies

Penicillin

Medication

rosuvastatin (Crestor) 20mg PO daily

Social History

She has never smoked cigarettes and drinks wine once per month.

Physical Exam

HEIGHT: 5'2"

WEIGHT: 154 lbs

BMI: 28.3

BP: 114/68

HR: 63

RR: 17

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?
 - a. Lalisa Makok is a 55-year-old female who presented to the clinic with a primary complaint of frequent heartburn and nausea. These symptoms have been occurring since she discontinued Omeprazole approximately one month ago. Her medical history includes high cholesterol, for which she is currently taking Rosuvastatin at a dosage of 20 mg daily. She has a documented allergy to penicillin, does not have a history of smoking, and seldom consumes alcohol.
2. Assess the applicable clinical practice guideline (CPG) for your assigned client linked on the same page in the lesson where the client case is located. What treatment is recommended by the CPG for your client's situation?
 - a. Gastroesophageal reflux disease (GERD) is classified as a non-life-threatening condition; however, it significantly impacts the