

Last Name	Client from Week 7 Lesson
A – D	Wei Zhang

NR565 week seven discussion

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

Mr. Wei Zhang is a 32-year-old male who presents to the clinic with complaints of frequent heartburn and nausea persisting daily and has been ongoing for a few months. He complains of a forty-pound weight gain within six months. He is currently working on a doctoral dissertation. He does not follow a healthy diet plan. He states the current usage of over-the-counter antacids, and they are not helping relieve the pain. The nurse practitioner conducts a physical examination, and it is unremarkable. He has no known allergies. No past medical history. He currently takes multivitamins daily. He has never smoked cigarettes and occasionally drinks alcohol on the weekends. The nurse practitioner discusses lifestyle modifications and using medication therapy for Mr. Wei.

His vital signs are blood pressure 121/74, Heart rate 79, SPO2% 98% on room air, temperature 98.6 oral, respirations 18. He is 5'10", weight 265lbs, and BMI of 38.

- b. 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?

Gastroenterologists, surgeons, and primary care physicians continue to name gastroesophageal reflux disease (GERD) as the most common disease (Katz et al., 2021). Symptoms and/or complications emerge from the reflux of gastric contents into the esophagus (Katz et al., 2021). The pathophysiology of GERD is characterized by multiple different poorly functioning esophagogastric junctions, which include LES and crural diaphragm antireflux barrier, impaired esophageal muscular lining, and clearance alterations (Katz et al., 2021). Educating this client about the need for a proper, healthy diet and better lifestyle choices is important. Education on how to choose these healthy options is crucial in the treatment of GERD. Mr. Wei's BMI is high and needs discussion about weight loss management. Being obese has an increased risk of developing GERD (Katz et al., 2021). Discussing weight loss, elevating the head of the bed, cessation of alcohol and