

## **Week One:**

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

- My patient is a 72 year old female that is coming to the clinic complaining of fever, chills, cough, headache, and fatigue for 3 days. She currently is taking Prilosec and Capoten daily. The patient had a positive COVID result, but negative for Flu A or B.

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

- The main focus is to assist in treating the symptoms when your patient is positive for COVID. This could mean to assist in giving cough medications or Tylenol/ Ibuprofen for a fever. For awhile it was recommended to give dexamethasone out to patients, however this is no longer recommended unless utilized to treat an underlying condition. In severe cases, the NP may prescribe Paxlovid or Remdesivir, but is usually only done if the patient is in the hospital. While my patient is not there yet, it is always important to look ahead to prepare for medication regimen changes and the reason for these changes.

### **Discuss your personal professional assessment of the client's situation provided in the scenario. What pharmacological treatment is necessary and why?**

- It is important to assess what the patient's temperature has been running and suggest the patient to take Tylenol or Ibuprofen to help break the patient's fever. In addition, these medications can be utilized for the patient's headache and other pain she may come in contact with. Lastly it is important to encourage the patient to be drinking plenty of water and ambulating as much as possible. While patient's may not feel up to doing these things, it is important to educate the patient on the risk of getting dehydrated from not having adequate water supply, and the risk of weakness due to not getting up and moving around. Lastly, it is important to educate the patient on these medications, dosing, and how often to take them, this is a big deal due to her moderate CKD. I would schedule the patient a visit for a week later, to ensure that her symptoms are improving and she is not having any other problems.