

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

Allegra Steffanelli is a 34-year-old female who is seven months pregnant with a healthy pregnancy and has been able to feel baby move throughout the last few days. The client is presenting to the clinic with complaints of fever, fatigue, body aches, and a cough starting yesterday. Allegra is otherwise healthy 34-year-old with no chronic conditions or alcohol or cigarette use. Allegra is currently taking daily prenatal vitamins and endorsed taking a single dose of acetaminophen at home for a fever.

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

Allegra Steffanelli has been able to be diagnosed with Influenza A from the rapid test at the clinic. According to Uyeki et al. (2018), pregnant individuals are at higher risk of influenza complications and should be treated promptly with antiviral medication, preferably oseltamivir. The treatment is recommended to be started as soon as possible for pregnant patients, due to the increase in risk of serious illness concerns from influenza. The CPG highlights that prompt antiviral treatment is necessary to prevent further complications in pregnant patients. The recommended treatment from the guideline is oseltamivir (Tamiflu) 75mg orally twice daily for 5 days, and has been shown to be effective and safe for pregnant patients.

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

Based on Allegra's symptoms and diagnosis, my professional assessment of the client's situation is that Allegra is experiencing signs and symptoms of the flu that is not complicated at this time during her third trimester of pregnancy. Vital signs and assessment show that she is stable currently, in no respiratory distress and able to maintain her oxygen saturations. Due to Allegra having uncomplicated Influenza A and stable at this time, the pharmacology treatment recommended is oseltamivir (Tamiflu) 75mg orally twice daily for 5 days. From the CPG, we were able to learn that since this client is at high risk for complications related to pregnancy and influenza medication is required to continue preventing further complications. Early treatment can help reduce symptoms and length of the sickness and help treat Allegra. This medication has also been seen to be effective and safe for these patients.