

CPGs Related to Eyes, Ears, Nose, and Skin

Application of Course Knowledge: Answer all questions/criteria with explanations and detail.

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

Callum Calder is a 14-year-old male with a medical history of Acne, and no allergies to medication were noted. He uses topical benzoyl peroxide daily for acne treatment. The patient presented to the clinic with his mother, complaining of persistent acne for one year. The patient's mother reported that he had been diligently washing his face, changing his pillowcases, and applying topical benzoyl peroxide without improvement. The patient and his mother are requesting additional medication to help improve his acne. The NP assesses moderate acne lesions and scarring on the chin and cheeks. The findings are within normal limits.

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

Based on the American Academy of Dermatology clinical practice guideline on the treatment and management of patients with acne, the guideline recommended that first-line treatments for mild or moderate acne start with topical treatments such as benzoyl peroxide, followed by topical retinoids like adapalene and then topical antibiotics like clindamycin, preferably combined with benzoyl peroxide to prevent antibiotic resistance. Systemic oral medications should be added to topical therapies for more severe cases or when topical treatments fail (Reynolds et al., 2024). As is Cullum's situation, the guideline is crucial for patients with a history of persistent acne for one year, which makes him fall within the range of using topical benzoyl peroxide as the initial treatment of acne. However, Callum has severe acne without improvement despite using topical benzoyl peroxide and good hygiene practices. The recommendations highlight that if benzoyl peroxide does not improve the patient's acne, the treatment can be followed by topical retinoids like adapalene for patients with acne. Therefore, a combination therapy of adapalene and benzoyl peroxide is recommended for patients over twelve years old. The treatment regimens should emphasize managing symptoms and tailor treatments to the patient's specific acne characteristics and response to the initial therapy (Santer et al., 2023).

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

Callum is a teenage male who presents to the clinic with subjective and objective findings indicative of acne vulgaris. The diagnosis of acne is made based on clinical history and examination. For therapeutic management for patients with mild to moderate acne, the guidelines recommend topical benzoyl peroxide or topical retinoids such as adapalene as first-line treatments but with differences regarding prescribing products individually or as combination products. Oral antibiotics can be used as a second-line treatment or for moderate or severe acne when co-prescribed with a non-antibiotic topical treatment (Reynolds et al., 2024). An early and effective acne treatment improves patient well-being and may prevent permanent scars or pigment changes. Given Cullum's one-year history of persistent acne, he requires an immediate