

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

Cameron Blevin is a 12-year-old male client presenting to the clinic for sneezing, itchy eyes, coughing, and a runny nose. Upon assessment there is clear nasal drainage and dark circles under his eyes, with bilateral clear lungs and no rashes. The mother who is present at the clinic, endorses that these symptoms occur every spring. The only medication that they have been attempting at home without relief is saline nasal irrigation. The provider can diagnose the client with mild intermittent allergic rhinitis.

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

According to Dykewicz et al. (2020), the clinical practice guideline recommends first-line treatment for mild, intermittent allergic rhinitis with second-generation oral antihistamines or intranasal antihistamines. These treatments are appropriate for patients aged 12 and older and are effective in relieving symptoms with minimal side effects. Cameron Blevins is an ideal candidate for this approach given his age and seasonal symptom pattern. If symptoms persist after 5–7 days of treatment, reassessment is recommended, and a second-line agent may be considered (Dykewicz et al., 2020).

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

Cameron is experiencing mild, seasonal allergic rhinitis likely triggered by pollen exposure. Given the seasonal pattern and mild intensity of his symptoms, initiating treatment with a second-generation oral antihistamine, such as loratadine 10 mg once daily, is appropriate.

Loratadine is effective in relieving sneezing, itching, and rhinorrhea, and it has the advantage of being non-sedating. According to Wang et al. (2023), the combination of loratadine with montelukast has been shown to improve moderate to severe allergic rhinitis symptoms. While Cameron's current presentation does not warrant combination therapy, this may be considered if monotherapy does not provide adequate symptom control.

**Reflect on additional questions you have about your assigned client that may influence treatment. What else do you need to know? What follow-up assessments, labs, or conversations are required to ensure optimal health outcomes?**

Additional questions for Cameron and his mother would include whether Cameron has any known allergies to the proposed medications, their ability to obtain these medications, and how the symptoms are affecting Cameron's daily life or sleep quality. It is also important to ask