

Week Five:

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

- Jiah is a 21-year-old that comes to the clinic for complaints of persistent acne for years now. She uses topical benzoyl peroxide and adapalene daily without much improvement. Patient does not have any known allergies. Patient is noted to have moderate acne lesions and scarring.

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

- The CPG recommends doxycycline for moderate persistent acne like the patient is suffering from. It is recommended that treatment be ongoing for 4 weeks if the patient does not suffer from any adverse effects.

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

- It is recommended that patients with moderate to severe acne lesions be placed on doxycycline for at least 4 weeks, however, may need further treatment (Reynolds et al., 2024). This agent presumably works by decreasing the population of the skin bacterium *Propionibacterium acnes*, which is thought to be an important element in the pathogenesis of acne (Hirschmann, 2003). The suggested dosing for patients with moderate acne lesions is 50mg – 100mg twice daily with a follow up appointment in 4 weeks, unless needed sooner for adverse reactions.

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?

- I would ask if she has tried any other treatment or ever been on antibiotics before for her acne. This would be helpful to know so we ensure we attempt not to build up resistance to any medication. I