

CPGs RELATED TO NEUROLOGICAL DISORDERS

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?

Neisha Jones is a 70-year-old female patient with a past medical history of Allergic Rhinitis, High Cholesterol, Alzheimer's disease, and no allergies to medication. Neisha currently takes loratadine (Claritin) 10mg PO daily, pravastatin (Lipostat) 40mg PO daily, and aspirin 81mg PO daily. The patient presented to the clinic with her daughter, whom she lives with, for a follow-up appointment. Neisha's daughter brought her mother to the nurse practitioner last week to discuss Neisha's increasing forgetfulness and difficulties managing her daily tasks, such as paying bills and cooking. At the previous visit, the nurse practitioner administered the Mini-Mental State Examination (MMSE), and the patient scored 22; hence, Neisha was diagnosed with mild Alzheimer's disease. Today's follow-up appointment, Neisha's physical assessment was unremarkable, and appropriate medications are considered to treat her Alzheimer's disease.

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

Alzheimer's disease is a progressive neurodegenerative disease that gradually leads to a decline in cognitive and behavioral ability. It is characterized by mild memory loss and cognitive decline, affects one's ability to carry out daily activities, and causes a loss of ability to engage in a conversation (Kumar et al., 2022). Based on the Clinical Practice Guidelines for Alzheimer's Disease recommendation is that all middle-aged or older individuals who self-report or for whom their care partner reports cognitive, behavioral, or functional changes undergo a timely multitiered evaluation. The multitiered evaluation involves a combination of the patient's history, clinical examination, and cognitive testing, including the Mini-Mental State Examination (MMSE) and the Montreal Cognitive Assessment (MoCA) for initial cognitive assessment. The utilization of primary tools includes the Mini-Mental State Examination (MMSE) and the Montreal Cognitive Assessment (MoCA) for initial cognitive assessment (Tahami Monfared et al., 2023). Consequently, non-pharmacological treatments, including cognitive therapies and lifestyle interventions, can help support overall brain health and manage behavioral symptoms.

The CPGs recommend that the pharmacological treatment for Alzheimer's disease involves cholinesterase inhibitors like donepezil (Aricept) for mild to moderate Alzheimer's disease and N-methyl-D-aspartate (NMDA) receptor antagonists like memantine (Namenda) for moderate to severe stages (Tahami Monfared et al., 2023). As is Neisha's situation, the guideline is crucial for patients with a history of increasing forgetfulness and difficulties managing their daily tasks, such as paying bills and cooking. The Mini-Mental State Examination (MMSE) was administered at that visit, scoring 22, and Neisha was diagnosed with mild Alzheimer's disease. Furthermore, the CPG recommendations highlight that patients diagnosed with mild Alzheimer's disease should be started on donepezil (Aricept) and cholinesterase inhibitors to manage cognitive symptoms.