

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

Suresh Anand is a 60-year-old male client who was recently diagnosed with early-stage Parkinson's disease who is experiencing mild hand tremors that affect typing, building model trains with his grandson, and work efficiency. He is primarily presenting to the clinic to find a medication that does not have side effects that will be prominent to his motor skills. The assessment revealed mild hand tremors while resting and the rest of his assignment is unremarkable. Mr. Anand has a past medical history of GERD and hypertension, who is currently taking omeprazole 20mg and hydrochlorothiazide 25mg by mouth once daily.

**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 Pringsheim et al. (2021), levodopa/carbidopa is considered the first-line therapy for Parkinson's disease due to its superior efficacy in symptom control. However, it is also associated with an increased risk of motor complications, particularly with long-term use. Given that this client is concerned about potential motor side effects and is currently experiencing only mild symptoms limited to hand tremors, a more appropriate initial treatment would be a monoamine oxidase B (MAO-B) inhibitor. MAO-B inhibitors, such as rasagiline or selegiline, are recommended for early-stage Parkinson's disease to provide symptom relief while delaying the need for more potent therapies. In this case, an MAO-B inhibitor would be a suitable choice to manage the client's mild tremors while minimizing the risk of motor complications.

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

The pharmacological treatment for this patient that is most necessary is the use of MAO-B inhibitors specifically selegiline 5 mg by mouth twice daily, due to the mildness of Anand's symptoms and disease progress. According to Tan et al. (2022), the use of MAO-B is used for early stages of Parkinson's disease and can improve symptoms related to motor and non-motor symptoms. The further progression can be a delay in disease and prevention. The use of medication is necessary due to this patient wanting to remain able to work and able to build model trains with his grandson.

**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?**

Some additional questions for this client are any other symptoms that this client is experiencing or just the motor symptoms, as well as whether he has had any issues with falls, balance, or gait. It is also important to assess his support system following this new diagnosis and to determine whether he has the financial means to afford the prescribed medication. Follow up should be completed within 4-6 weeks of starting the medication to see if symptoms are resolving and toleration of the medication. Ongoing monitoring is imperative to ensure treatment efficacy and safety.