Clinical Assessment

Name

Institution

Course

Instructor

Date

**Introduction**

Clinical examinations are important in determining the conditions that individuals are suffering from in the health care setting. Coupled with other examinations, these tests confirm the availability of certain conditions among individuals, prompting the embracement of appropriate measures to mitigate the symptoms of facilitate the treatment.

**Clinical Assessment of Patients**

The clinical findings that relate to M.K.’s chronic bronchitis includes moderate Hypercapnia with PaCO2 = 52 and significant hypoxemia of PaO2 = 48. These clinical findings confirm the patient’s cough, hypersecretion of mucus leading to high levels of sputum, and the history of smoking as other identifiers of chronic bronchitis (Medifocus.com, Inc. Staff, 2011). To treat M.K.’s bronchitis, this paper recommends two types of treatment, including the administration of antibiotics and pulmonary rehabilitation. The latter refers to a breathing exercise regulated by a respiratory therapist, in which the patient would learn how to breath with more ease. The antibiotics would treat the bronchitis if it resulted from a bacterial infection.

M.K. is most likely suffering from Congestive heart failure considering her excessive peripheral edema. For this condition to develop, slowing of the blood flowing out of the hear occurs, leading to a backing up of the blood in the veins returning to the heart (Yoo, Le, & Oda, 2013). This results in congestion within the body tissues. As a consequence, one experiences edema, which mostly occurs in the ankles and legs, but may also spread to other parts of the body. In some cases, there may be fluid accumulation in the lungs, an aspect that alters the normal breathing of the affected individual, mostly when they are lying down. Such a case is referred to as pulmonary edema and requires timely treatment as it may result in respiratory distress (Yoo, Le, & Oda, 2013).

M.K. is experiencing stage 1 hypertension, which is characterized with a 140 to 159 mm Hg systolic reading and a 90 to 99 mm Hg diastolic reading. Her BP reading of 158/98 mm Hg falls within this category (Acton, 2012). At this stage, it is important to start her at the lowest dose possible and then to increase the dosage gradually up to the point when her BP becomes normal. One should start with a single drug and introduce a second one if the one fails to effect a reduction in BP. Several drug combinations are tried out before a single drug pair is adopted. In this case, Lotensin and Lasix form a drug combination that works for M.K., hence their applicability (Acton, 2012). Hypertension is an issue of great concern in the US with close to 70 million adults, which is about 29% of the total population. out of this population, only 52%, which are close to half, have taken control of their situation.

Considering the lipid panel, it is clear that the patient’s total cholesterol, High density lipoproteins (HDLs) and low density lipoproteins (LDLs) are beyond the optimal requirements, an aspect that puts them at risk of coronary heart disease. Cholesterol medication such as Statins should also be given to the patient (Yoo, Le, & Oda, 2013). The patient’s cholesterol levels are wanting and their diet is poor, an aspect that makes it difficult to find a dietary solution towards reducing cholesterol levels. Both hypertension and diabetes share the symptoms of a high cholesterol levels, high levels of LDLs and reduced levels of HDLs.

Glycated hemoglobin (HbA1c) indicates how the body controls its blood sugar levels. The average glucose levels among individuals with diabetes is 48 mmol/l, which is 6.5% (Yoo, Le, & Oda, 2013). The 7.3% value registered by M.K. is higher, meaning that her levels of blood sugar are high. This means that she has poor control of her blood sugar levels. Poor control of glucose levels among individuals with diabetic mellitus may lead to other complications such as neuropathy, cardiovascular disease, retinopathy, and nephropathy (Acton, 2012).

**Conclusion**

It is evident from the analysis that proper identification and management of patient conditions is important in ensuring that such patients are able to effectively curb any complications that may arise from their current conditions. As such, clinical assessment confirms the findings of physical examinations by employing scientific approaches.

References

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