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Advanced Pharmacology

Student's Name

Course

Instructor

Institution

Date

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The specific goals for C. J's pharmacotherapy in the treatment of type 2 diabetes mellitus is to manage her glycemic. This will involve identifying the impact of her diet on her blood glucose and coming up with an appropriate nutrition and dieting strategy considering that she does not follow any special diet (Kim, Bang & Choi, 2017). Moreover, the treatment seeks to improve the quality of life by relieving the symptoms, preventing complications and probable death likely to occur from cardiovascular damage via hypertension. Consequently, medication seeks to manage her incontinence.

C.J would be prescribed metformin by the CNP. This drug will help reduce the glucose production level by the liver. It will also improve the sensitivity of the body to insulin thus managing diabetes and hypertension (Foretz, Guigas & Viollet, 2019). Avandia, a thiazolidinedione is also essential in controlling blood glucose and treat type 2 diabetes. The success of the therapy can be monitored through measuring of C. J's blood pressure daily to ensure that it remains within normal. The therapeutic responses as well as the side effects and tolerability of the drugs to the patient will also be used to monitor the success of pharmacotherapy.

Finally, the health promotion recommendations to consider for C. J. include appropriate dieting and nutrition. This will include creating awareness on the probable risks and how to effectively monitor blood pressure at home. Other (Yangg et al., 2018) recommendations include learning healthy behaviors to improve the quality of life as well as interventions to improve the uncontrolled diabetes, hypertension and urinary incontinence outcomes. These include physical exercise, diet, appropriate drug administration, self-monitoring and use of healthcare services in case of an emergency. C.J should also be taught of Self-management, coping and caring skills.

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References

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- Yang, R., Wang, L., Xie, J., Li, X., Liu, S., Qiu, S., ... & Shen, X. (2018). Treatment of type 2 diabetes mellitus via reversing insulin resistance and regulating lipid homeostasis in vitro and in vivo using cajanonic acid A. *International journal of molecular medicine*, 42(5), 2329-2342.