Questions and Answers

Name of the Student

Institutional Affiliation

Questions and Answers

Assignment 1: "Dianne Steinberg VE."

Question 1: List Appropriate Differential Diagnoses

Assignment 2:

Question 1: Identify the culture of the patient and discuss how you would explain this diet to your patient.

The patient’s culture is Hispanic. Vegetables such as cabbages among others could be recommended as effective food for a person suffering from hypertension in the Hispanic community. A doctor can advise such a patient that being overweight is a primary factor that may trigger the occurrence of hypertension among persons (Goran & Sothern, 2016). Also, the Dietary Approach to Stop Hypertension (D-A-S-H) can be adopted to illustrate the importance of reducing weight through the healthy eating of less fatty food, in an effort to eradicate hypertension (Moore, Murphy, & Jenkins, 2012). With reduced weight, the patient suffering from hypertension can also improve or be cured of his/her hypertension condition.

Question 2: Briefly State the Signs of right as Well as the Left-Sided HF. What common core care diagnoses result in the attainment of HF symptoms? Discuss the treatment of one of these common causes. What are some serious signs and symptoms of acute HF and the findings you may encounter during auscultation?

The common symptom of left heart failure is the incapability of the left atrium to send oxygenated blood to the heart (Hosenpud & Greenberg, 2013). On the other hand, the symptoms of the right heart failure are a loss of heart muscle strength, shortness of breath and swelling of the heart muscles. One of the common primary care diagnosis that could result in the development of HF symptoms is the occurrence of coronary heart disease. Among the primary effective treatments for these symptoms is the undertaking of an emergency corrective heart operation (Callus & Quadri, 2014). One of the critical symptom that a doctor may find on a patient due to acute HF through auscultation is immense swelling of the heart and trouble in catching a breath.

Question 3: Discuss the definitions of ASD and VSD. What are the symptoms and the assessment findings you may encounter among children? What are the symptoms and physical examination findings from auscultation for each in adults? Briefly, discuss treatment options for children and adults with ASD and VSD.

ASD refers to the Autism Spectrum Disorder while VSD refers to the Ventricular Septal Defect. Children with ASD fails to respond when called or addressed by another person (Buxbaum & Hof, 2013). They also portray poor eye contact as well as an occasional lack facial expression. In most cases, they do speak or portray delayed speech. Also, they may repeat phrases verbatim, while not comprehending on their usage. Children with VSD on the other hand, have poor eating habits and they also portray instances of breathlessness. Ultimately, they easily get tired. The symptoms of ASD can also be evidenced among adults.

The symptoms and physical examination findings of ASD among adults from auscultation include echolalia, poor social and communication skills as well as limited interest in performing various activities. The primary VSD symptom among adults is the presence of heart murmurs (Q. Ashton Acton, 2012). However, adults suffering from VSD can also manifest shortness of breath and chest pains. The treatment options for ASD are the same for both Adults and children. There are four primary options. Such include, behavior and communication approach such as the Applied Behavior Analysis (ABA), medications, complementary medicine and alternative medicine.

Also, just like in treating ASD, the treatment options VSD are the same for both adults and children. The first option entails increasing the strengths of a patient’s contractions of the heart. This is done through drugs such as digoxin and Lanoxin among others. Persons with ASD can also be treated by reducing the level of fluids that circulate the heart. This helps in reducing the volume of blood that must be pumped into the lungs. Such a decline is achieved by using diuretics such as furosemide or Lasix. Persons with ASD can also be treated using beta blockers like Lopressor and Digoxin since they are effective in maintaining the heart beat regular.

References

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