

## Course Project Milestone 2 Template

Directions: Carefully review Course Project Milestone 2 Guidelines and rubric requirements.

**Name:**

### Define Approved Patient Scenario

Jennie is a 70-year-old postmenopausal female that presented to the ED for angina, shortness of breath, nausea, and fatigue. Patient demographics are as follows: recently widowed, retired factory worker, living with her daughter and 2 children. Height: 58 inches Weight: 95.4 kg BMI: 44. Blood pressure elevated at 164/84, heart rate 110 and irregular, temperature 98.6 (orally) oxygen saturation 96% on room air. Jennie states that symptoms have been ongoing but recently has gotten worse, and has been referred by her PCP for further work up. Her family history unknown as Jennie was adopted as an infant. The patients past medical history includes hypertension, hyperlipidemia, and hypercholesteremia. Jennie admits that since her husband passed, she has not been caring for herself as she once did. She claims that she has been eating foods that are convenient or easy rather than healthy and nutritious. Upon further assessment, Jennie admitted to medication noncompliance. Her complete work up showed that Jennie has heart disease. The medical diagnosis was discussed with the patient as well as the signs and symptoms of heart disease. The following risk factors associated with heart disease that pertained to Jennie were also discussed in length; heart arrhythmia, post-menopausal, hypertension, hyperlipidemia, hypercholesteremia, BMI, medication compliance, as well as inactive lifestyle. Jennie stated that she would like to feel better and enjoy her grandchildren again. "Patient education is an important component, have been shown to be effective in increasing knowledge, self-care and self-management patients living with heart disease" (Podvorica et al.,2021, p.10). I feel that Jennie would benefit from educating and teaching regarding her diagnosis, medication compliance, healthy food options, as well as healthy lifestyles.

### Identify Teaching Areas related to the mHealth app

- **Information**
  - Education courses (mymhealth, 2020)
    - To learn about diagnosis of heart disease
    - To learn about how heart disease is affecting her body
  - Medication diary
    - To learn about what medications is being taken
    - To learn about why certain medications are important to take
    - To learn about how these medications are helping with diagnosis
  - Food diary
    - To learn about which foods are good options and which foods to avoid
  - Activity Diary
    - To learn about how to adopt a more active lifestyle
    - To learn about what fitness routine is recommended
    - To learn about what strength and intensity is recommended during a fitness routine
    - To track progress related to weight loss and activity
  - Body Metrics