

## NRNP 6540 Week 5 Knowledge Check

1. When performing an assessment on patients over 65 years of age, what are at least three (3) key symptoms that may indicate cardiovascular disease?

When assessing a patient over 65 years old, the key symptoms that may indicate cardiovascular disease include dizziness, syncope, orthopnea, angina, edema, and claudication. Syncope can occur due to asystole or an intermittent symptom may be due to an underlying arrhythmia. Orthopnea may indicate a patient with heart failure. Intermittent claudication is an early symptom of peripheral artery disease.

2. You diagnose your older patient with intermittent asthma. List at least three (3) criteria for the diagnosis of intermittent asthma.

When diagnosing intermittent asthma, the following criteria must be satisfied: symptoms should occur equal or less than twice a week; nighttime awakenings should be equal or less than twice a month; short-acting-beta -agonist use for symptom control is equal or less than twice a week; there should be no interference with normal activity; and lung function should show normal FEV1 between exacerbations, FEV1 more than 80% predicted, and FEV1/FVC is normal.

3. Mrs. L is a 71-year-old Hispanic female with a PMH of seasonal allergies and her only medication is aspirin 81 mg; she presents to the clinic with the following symptoms: Recurrent wheezing, cough (especially occurring at night), recurrent chest tightness, and dyspnea on exertion. She also complains of a chronic rhinorrhea with postnasal drip. Please list four (4) differential diagnoses for these symptoms.

With the subjective symptoms presented, the following will be the differential diagnosis :

1. Asthma- recurrent wheezing, cough (occurring at night), recurring chest tightness, and dyspnea on exertion
2. COPD - dyspnea, cough, wheezing, chest tightness
3. Upper Respiratory Infection - rhinorrhea, cough, post nasal drip
4. Pneumonia - dyspnea, chest tightness, cough

4. Your 69-year-old African American female patient has a PMH of asthma. You know that In the United States, asthma is more prevalent in African Americans. List at least three (3) factors that contribute to development of asthma.

Factors that contribute to development of asthma are: exposure to allergens, respiratory infections, genetic predisposition, atopy, occupational irritants, tobacco smoke (active and passive smoking) high levels of indoor and outdoor pollution, and obesity. Allergens like animal fur, molds and other environmental allergens may trigger asthma attack. Multiple genes can contribute to developing asthma in different ethnic groups. According to the American Lung Association, fat tissue produces inflammatory substances that could impair lung function and lead to asthma in obese patients.