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*by* J B

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# Alzheimer's Disease

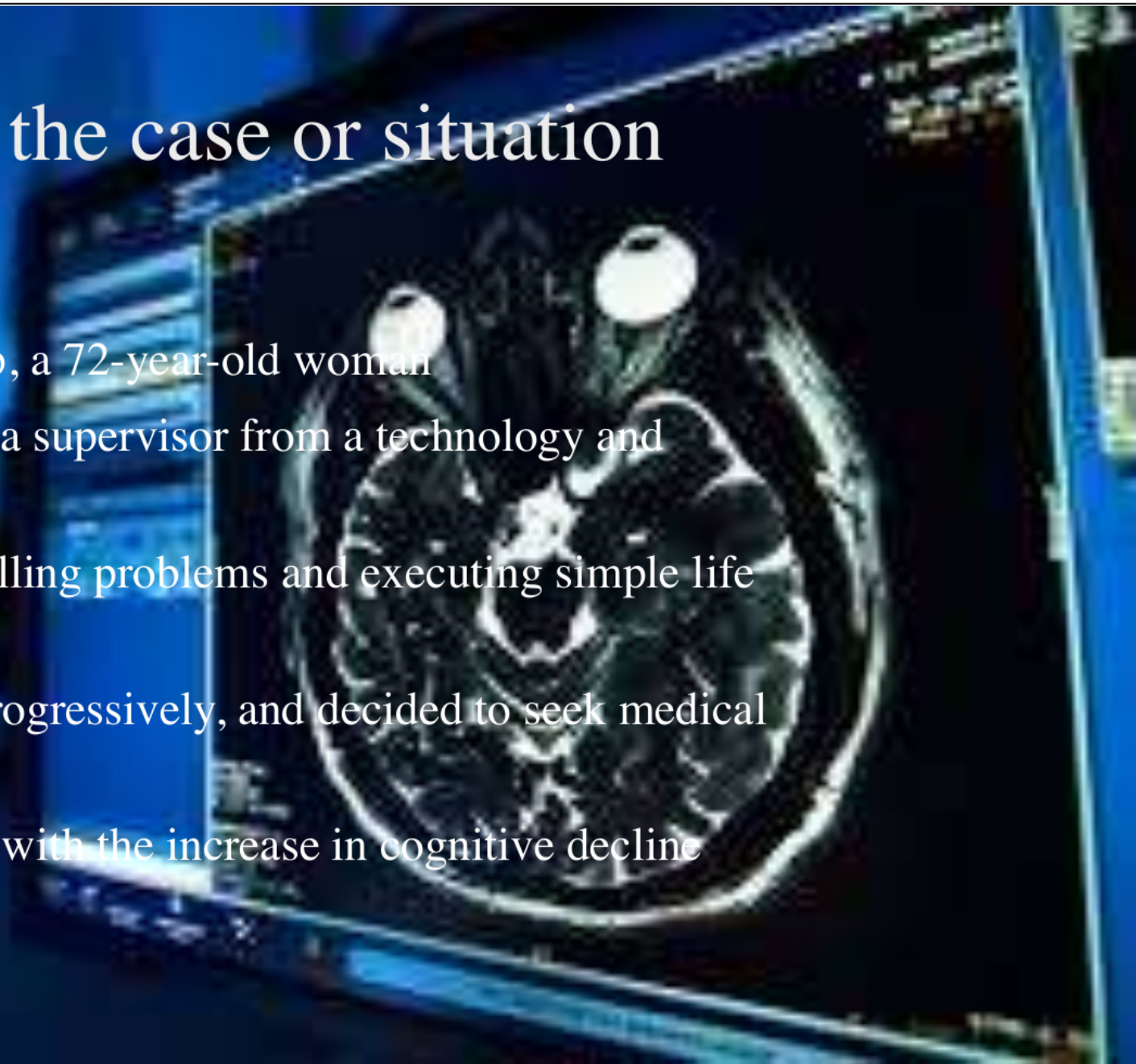
STUDENT'S NAME

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# Introduction to the case or situation

- ▶ The patient is Olivia Gump, a 72-year-old woman
- ▶ Gump stopped working as a supervisor from a technology and communication firm
- ▶ She has suffered from recalling problems and executing simple life functions
- ▶ The condition continued progressively, and decided to seek medical help
- ▶ The family was concerned with the increase in cognitive decline



# Background Detail



- ▶ There is no history of memory loss or associated illness
- ▶ The past life was good with no health problems until retirement
- ▶ The family does not have any past experiences of Alzheimer and associated illness
- ▶ Gump was identified with depression at the age of sixty two
- ▶ No recent travels since she retired and no immunizations done

# Clinical Assessment



- ▶ Upon arrival, the nurse will conduct physical assessment such as:
- ▶ Blood pressure: 140/90mmHg
- ▶ Bowel sound: ranged between fifteen to forty-five per minute
- ▶ Ambulation using ten meter-walk tests: 0.024

## Clinical Assessment (Cont.)

- ▶ Other assessments are to evaluate memory impairment, thinking skills, functional abilities, and behavior change (Pietrzak et al., 2018)
- ▶ The assessment test conducted include:
  - ▶ Mental status testing
  - ▶ Neuropsychological tests
  - ▶ Interviews with family and friends

# Clinical assessment (Cont.)



- ▶ Alzheimer illness is a progressive neurological illness that makes the mind reduce and cells die
- ▶ The disease is the well-known cause of dementia as it results in a continuous decline in thinking (Bondi et al., 2017)
- ▶ Alzheimer symptoms comprise memory loss, challenges in thinking and concentration, and increased aggressiveness
- ▶ The behavior changes and social skills effects make patients unable to work independently
- ▶ The cause of the disease is based on several factors such as genetics, lifestyle, and environment (Bondi et al., 2017)

# Recommendations



- ▶ Gump faces significant emotional and behavior challenges, thus the need to use medication to control
- ▶ Due to anxiety and depression changes, Gump uses antidepressants to reduce the mood
- ▶ Gump can use antipsychotic drugs to deal with hallucination and delusion issues
- ▶ The nurses are concerned with assisting the patient in navigating her daily activities and evading behavioral challenges
- ▶ They will focus on determining the patient's medication and educate them on how and what time to take medication
- ▶ The medicine to be used in Alzheimer is donepezil (Bondi et al. (2017))

# Application to future practice



- ▶ Future nurses will need to be aware of several things when handling patients with Alzheimer disease
- ▶ Nurses will need to understand that Alzheimer is caused by several factors such as genetics, lifestyle, and environmental
- ▶ The different contributing factors make the drug not fit all patients
- ▶ Also, to continuous research to understand the pathologies underlying Alzheimer disease
- ▶ Nurses need to improve their training because diagnosis procedure changes due to the development of biomarkers

# Application to future practice (Cont.)



- ▶ The new areas of research comprise of understanding the amyloid and tau proteins pathologies
- ▶ Treatment under research comprises compounds that act on the pathological substrate of the disease
- ▶ An alternative therapy under study for Alzheimer patients is immunotherapy (Yiannopoulou & Papageorgiou, 2020)
- ▶ Over six million Americans of all ages have Alzheimer (Alzheimer's Association, n.d)
- ▶ It is more likely for the future nurse to encounter future research on Alzheimer treatment

# References

- ▶ Alzheimer's Association (n.d). Facts and figures. [https://www.alz.org/alzheimers-dementia/factsfigures#:~:text=More%20than%206%20million%20Americans%20of%20all%20ages%20have%20Alzheimer's,11.3%25\)%20has%20Alzheimer's%20dementia.](https://www.alz.org/alzheimers-dementia/factsfigures#:~:text=More%20than%206%20million%20Americans%20of%20all%20ages%20have%20Alzheimer's,11.3%25)%20has%20Alzheimer's%20dementia.)
- ▶ Bondi, M. W., Edmonds, E. C., & Salmon, D. P. (2017). Alzheimer's disease: past, present, and future. *Journal of the International Neuropsychological Society*, 23(9-10), 818-831.
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