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Alzheimer's Disease

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Abstract

Olivia Gump has been facing challenges in remembering things and implementing function loss. Gump was working as a manager in a telecommunication company until her retirement at age 60. Gump was working well upon retiring, but at 67, she progressively started to forget, although the children laughed by thinking it was old age. However, as time continued, Gump's cognitive decline increased because she could not handle her daily activities, making her visit the memory clinic. The memory losses made Gump suffer from depression, and she has been taking antidepressants until now at 72.

Alzheimer's Disease

Introduction (Patient and Problem)

Olivia Gump is a retired manager from a telecommunication company. She has achieved tremendous success as a female holding the highest position that males have dominated. However, upon retirement at 60 years, she has lived a healthy life until 67 years where she started to experience cognitive decline by forgetting things which made her suffer from depression. Currently, Gump is at seventy-two years. Gump has been analyzed with Alzheimer's illness and from the symptoms, she had presented. Therefore, this paper will review the pathophysiology of Alzheimer's, assess the patient's history and treatment, perform diagnosis, and develop interventions and recommendations.

Pathophysiology

Alzheimer's illness is an advanced neurologic ailment that makes the mind shrink and cells die. Bondi et al. (2017) stated that Alzheimer's is among the well-known reasons for dementia because it results in unceasing deterioration in thinking. These behavioral and social skills impact an individual's capacity to work independently. Alzheimer's disease has symptoms such as memory loss because individuals will have challenges remembering current activities or tasks. Still, as the disease progresses, other symptoms will appear, such as difficulty concentrating on thinking and challenges in multitasking. Also, one can have variations in personality and behavior because of depression, delusions, and social withdrawal. Bondi et al. (2017) stated that Alzheimer's illness is caused by the abnormal build-up of proteins near the brain cells. However, it is caused by other risk factors such as genetics, environmental and lifestyle.

History

Gump does not have any history of memory loss or associated illness. Moreover, she has been doing her work efficiently without any health problems. Nevertheless, she does not have any history of smoking, alcohol consumption, or other drug use. Similarly, Gump does not have any first-degree family history of Alzheimer's or dementia. However, she was diagnosed to suffer from depression at 62, and she has been using antidepressants. Also, she stopped driving during this time and could not handle and process instructions such as turning off the stove.

Nursing Physical Assessment

After performing the physical assessment, Olivia's blood pressure measurement is 140/90mmHg. This is high blood pressure considering she is more than seventy years making her be at stage 2 of hypertension. Hypertension among older individuals can result in tangles and plaques appearing in the brain hence causing Alzheimer's.

Also, Gump has a high bowel sound ranging between 15-45 per minute

Ambulation was measured and ten meter-walk tests, and she had an ICC of 0.024, which is poor based on the natural environment, such as walking in a parking space in the shopping center.

Related Treatment

Olivia faces substantial emotional and behavior challenges, making her treated with medication that will control her behavior. For instance, she experiences depression, anxiety, and sleep problems, making her life difficult to manage. The sleep problems are much that it causes her to feel sad and hopeless. Therefore, the treatment she receives is antidepressants to deal with her low mood and frustrations, making her. Also, Olivia is given antianxiety drugs to make her

deal with the behavior changes. Similarly, another treatment comprises of dealing with hallucinations and delusion where she is prescribed antipsychotic drugs.

Nursing Diagnosis & Patient Goal

The first nursing diagnosis is memory loss associated with forgetting about recent events and activities. Also, memory loss makes Gump forget many things, such as where Olivia kept something, which affects her daily living performance since Olivia cannot handle other normal daily activities. Also, another issue is cognitive deterioration that makes it difficult for Olivia to comprehend simple instructions. Pietrzak et al. (2018) stated that diagnosis of Alzheimer comprises of testing cognitive and memory tests to evaluate their capacity to think and remember. The goal of diagnosis is to help the patient navigate her daily activities and evade behavioral problems.

Nursing Intervention

To attain nursing goals for Olivia, the nurse will be needed to determine the patient's medication and educate them on how and what time to take it. The medicine comprises donepezil, which can treat all stages of Alzheimer's (Sahyouni et al., 2016). Also, it will be vital to monitoring the blood pressure and bowel sound, and ambulation to ensure brain injuries are detected and progress identified.

Evaluation

After working on the intervention, Olivia now has balanced blood pressure, and the hypertension level has also been reduced. Moreover, a reduction in blood pressure reduces the risk of Alzheimer's disease symptoms on the brain. Also, Olivia has gained the ability to recall several events; although there are times she forgets hence does not stabilize; she still requires

some help. However, she has regained her sleep patterns, and the behavioral problems are not present.

Recommendation

Since the disease is now managed, Gump and her family members need to manage the conditions that can occur and cause Alzheimer's again. Moreover, she had high blood pressure, which makes her have stage 2 hypertension, and this creates symptoms of Alzheimer's disease. Therefore, it will be vital to manage the blood pressure to remain normal and avoid hypotension issues. Similarly, to continue recovery, Gump can join the support groups and services to keep her active.

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