

- a. Select a condition covered in this course that interests you or is relevant to your nursing practice. Identify the condition you have selected.
 - a. Amyotrophic Lateral Sclerosis (ALS)
- b. Briefly explain your rationale for selecting this particular condition. What influenced your selection?
 - a. The rationale for my choosing this specific condition would be, this is the diagnosis my brother received twelve years ago. He was 40 years old and was handed what he thought to be his death sentence. He had just graduated from nursing school and received the news of this diagnosis on the day of his pinning ceremony. He is married, and has three children, two of which were quite young at the time. My brother is still with us today and we do not know how, but we are all grateful that he is. My brother is my hero and a huge inspiration for me. He continues to live each day to his fullest and enjoys making memories with his family and friends.
- c. Investigate the prevalence and incidence of the chosen condition in the United States (U.S.). What are the incidence, prevalence, and affected populations?
 - a. The incidence of ALS in the United States is estimated at approximately 1.6 new cases per 100,000 persons per year, translating to roughly 5,000–6,000 new diagnoses annually (Centers for Disease Control and Prevention, 2022). Although ALS remains a rare condition, its incidence has remained stable over recent years. According to data from the Centers for Disease Control and Prevention's (CDC) National ALS Registry, the estimated prevalence of ALS in the U.S. was approximately 32,893 individuals in 2022, corresponding to a prevalence rate of about 9.9 cases per 100,000 population (CDC, 2024). These estimates indicate a gradual increase in prevalence over time, attributed to improved case identification and an aging population. ALS disproportionately affects certain populations. The disease most commonly occurs in older adults, with the highest prevalence observed among individuals aged 60–79 years. Men are affected more frequently than women, with a male-to-female ratio of approximately 1.2–1.5:1. Additionally,