

Week 4 collaboration café

1. Describe your assigned client's situation. What holistic assessment data is concerning to you and why?

Vincent B is a 68-year-old retired factory worker who has recently been diagnosed with COPD. He is accompanied by his wife and c/o SOB and difficulty breathing that has been getting worse over the last few months. His symptoms are fatigue, intermittent productive cough, wheezing and increased breathing effort, especially with activity. Wife states he gets winded when walking from living room to bathroom.

He has a past medical history of HTN, hyperlipidemia, back pain, and previous smoker of 1PPD x 30 years and he stopped 10 years ago. Social drinker ("few beers") on weekends with friends. He is adequately managed with lisinopril, rosuvastatin and naproxen PRN.

On exam, his PHQ-9 score was 15, he appears fatigued, slightly anxious and "weepy" when discussing his concerns. BP 140/85, HR 88bpm, RR 22 breaths per minute, O2 sat 92% on room air.

Respiratory exam: He has increased work of breathing, use of accessory muscles, diminished breath sounds bilaterally, prolonged expiratory phase and wheezing in auscultation.

Cardiovascular exam: Regular rate and rhythm with no murmurs

Musculoskeletal exam: tenderness in lower back with limited ROM due to pain.

What is concerning is his worry about his health due to the recent loss of his friend due to lung cancer and his PHQ-9 score showing moderately severe depression. His increased work of breathing with accessory muscle use, his wife saying he is getting winded walking to the bathroom, HTN, tachypneic, O2 sat 92%, diminished lung sounds and wheezing and back pain. All of these things are concerning and showing he is having a difficult time breathing and taking care of himself.

2. Recall the [5M framework elements](#) from the Week 1 lesson. How does the 5M framework apply to your particular client this week?

- a. **Mind**-he is showing concern and worry and his is scoring moderately severe depression on the PHQ-9.
- b. **Mobility**-difficult moving around without getting winded, SOB, having a cough or wheezing