

Week 4 Collaboration Café

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

Maria Gonzalez is a 72-year-old retired teacher who was recently diagnosed with COPD. She has trouble breathing, feels tired, wheezes, and has a cough that brings up mucus. These symptoms have gotten worse, and she now gets out of breath doing simple things like walking from the kitchen to the bedroom. She also has type 2 diabetes (controlled with metformin), osteoarthritis (takes acetaminophen as needed), and hypothyroidism (takes levothyroxine). She used to smoke for 40 years but quit 15 years ago.

Maria is very worried about her health, especially after her sister recently died from heart disease. She cried during the visit and scored 17 on the PHQ-9, showing moderate depression. Her oxygen level is a little low (91%), and the exam shows she's working hard to breathe, with wheezing and weak breath sounds. She also has knee pain that makes it hard to move around. Maria came to the clinic today to talk about a full care plan to help manage her COPD and other health concerns.

Looking at Maria's situation from a holistic perspective, several parts of her assessment are concerning. Her high PHQ-9 score suggests she may be struggling with depression. She also has trouble with basic daily activities due to shortness of breath, which affects her quality of life. Additionally, she is very anxious about her family history of heart disease and is overwhelmed by her multiple health issues. These emotional and physical concerns all impact her overall well-being and need to be addressed in her care plan.

- b. Recall the [5M framework elements](#)[Links to an external site.](#)[Open this document with ReadSpeaker docReader](#) from the Week 1 lesson. How does the 5M framework apply to your particular client this week?

- **Mind:** Maria appears to be experiencing depression, as indicated by her high PHQ-9 score and emotional distress. Her chronic health issues, particularly her recent COPD diagnosis, may be contributing to or worsening her mental health. Addressing her emotional well-being is essential to support her overall health and quality of life.
- **Mobility:** Maria's COPD significantly affects her ability to move around, even within her home. She becomes short of breath with minimal activity, such as walking from the kitchen to the bathroom. Her osteoarthritis further limits her mobility, adding to her physical challenges and risk for deconditioning or falls.
- **Medications:** Maria takes several medications for her chronic conditions, including diabetes, hypothyroidism, and osteoarthritis. As we consider starting treatment for her COPD, it's important to be mindful of polypharmacy and ensure