**CLC Assignment - Home Visit with Sallie Mae Fisher**

From the video on "Home Visit with Sallie Mae Fisher" it’s evident that Sallie Mae the four medical problems prevalent in the video include:

**Dehydration**

From the video, Madam Fisher seems very weak from different aspects such as the walking style and body posture. In his interview with Christine who is a medical expert Madam Fisher claims that she has lost appetite. This has occurred in the last one week after discharge from the hospital. As the medical evaluation report from the hospital  Sallie physiological condition was as shown below:

* Blood pressure- 90/56.
* Respiratory rate 24.
* Heart/pulse rate 58.

After discharge from the hospital, Sallie has totally lost energy to perform any role at home, her blood pressure is stated to have declined beyond the minimum limit, she has also developed poor skin comprising of the dry mucous membrane which is an indicator of dehydration in patients. According to Williams (2010), dehydration can only be suppressed through the adoption of a decent meal which consists of fiber and fruits.

**Depression**

In the video, Sallie claims that the loss of her husband has caused a lot of bitterness in her heart. As a widow, she spends most of her time alone in the house since her daughter is busy at work. In the video, Sallie is viewed to be in a very desperate condition and he only smiles when she remembers her life moments with her husband who passed away several years ago. Her husband demise seems to be the major cause of her depression. Despite taking 37mg of Effexor before sleep time depression has remained to be a major problem in her. As revealed by Roberts (2014) Sallie’s depression can only be treated through home remedy procedure. This can be achieved by giving her a company that will keep her busy and relaxed since she has been lonely in the last one week.

**Polypharmacy**

When old aged people like Sallie are put on multiple medications there is a likelihood of misunderstanding by the patient. Upon discharge from the hospital, she was later given three new drugs. The doctor advised Sallie to take 0.25mg of Digoxin one time in a day and 0.125mg of Lanoxin which is a kind of Digoxin every other day. The two drugs seem to have caused much misunderstanding in Sallie. Polypharmacy is one of the greatest challenges in medication and as revealed by (Ritsner 2013) it can be regulated through the adoption of a home nurse who will guide old age people on how to consume medicines.

**High fall risk**

When making a movement to answer the call at the door Sallie walks in much trouble and he is seen in a great trouble with the door rug which is interfering with her gait. Lack of oxygen in the body is one of the factors that are likely to have increased the threats of fall in Sallie. This condition can be deterred by advising Sallie to adopt a proper mode of dressing that will make her move without any problem. This involves advising her to desist from wearing excessive long robes (Lord 2011).

**Dialogue**

Nurse: Good morning, Salle Mae, my name is Dr……..and I will be your medical examiner today. Am aware that you have been going through various medical challenges which have put you on medication.

Sallie: Indeed you are correct. I have been in and out of the hospital for treatment and it's only a week ago since I was discharged from the hospital. Upon visiting the hospital I was diagnosed with congestive heart failure and hypertension.

Nurse: Ho have you been feeling in the last week since you were discharged from the hospital?

Sallie: After discharge, I have completely lost energy and appetite. I feel so much exhausted and am not able to do anything at the moment.

Nurse: Do you have the discharge report from the hospital, please?

Sallie: Yes I do have it here it is. (Sallie hands in the medical report to the nurse).

Nurse: Ok from the report I can see that you have been subjected to twelve medications which are to be taken in different quantities and at different times of the day. Also, I can see that you have been prescribed to use 2 liters of oxygen on a daily occasion.

Nurse: Upon observation from the medical discharge report and my own analysis I have discovered four major problems in you?

Sallie: I need to be aware of the problems and the remedies please.

Nurse: The four problems behind your health deterioration include hypertension, falling risks, dehydration, and Polypharmacy. Blood pressure has been one of the major challenges that has hit you and other members of the society who are of your age. It’s a condition which is caused by mental thinking in patients especially at the old age. Therefore I would advise you to adopt a relaxed life where you can adopt a company that will keep you relaxed and relieves you from boredom. I have noticed that you misunderstood the medical prescription from the doctor which is a major problem in the old age people. This might have made you consume the medicine in the wrong way thus leading to complications such a dehydration. In order to deter this common issue, I advise you to get a personal home nurse who will guide you on drug consumption.

Sallie: Thank you very much for pointing out this challenges I will consider adopting the remedies you have highlighted.

Nurse: Welcome.

**Reference**

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Roberts, K. (2014). *The blood pressure solution: How to prevent and manage high blood pressure using natural remedies without medication*. United States: Kasia Roberts.

Williams, M. (2010). *Nutrition for health, fitness, & sport.* Boston: McGraw-Hill