Course Project Milestone 1 Template

Directions: Prior to completing this template, *carefully review Course Project Milestone 1 Guidelines.* After saving the document to your computer, type your answers directly on this template and save again. This assignment is due by Sunday end of Week 2 by 11:59 p.m. Mountain Time.

**Name:** EARNEST WILLIAMS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Assignment Criteria** | **NOTE: See Milestone 1 Rubric for details required in each area.** |
| **Scenario for Milestone Assignment:**  Scenario is clear and concise, including a disease process, diagnosis, OR identify a patient with a desire to maintain good health and prevent illness. Include the nurse’s assessment of learning needs and readiness to learn.  ***50 points*** | Lady S is a 35-year old sales representative with a medical history that is significant to asthma. She reports to have been having breathing difficulties since childhood. Lady S has been able to control the condition with an albuterol rescue inhaler roughly three times a week. In the past one year, Lady S has not been able to keep up with her clinic schedules because she has a young family and a busy lifestyle. As a result, she has been waking up with asthma symptoms for the past two months affecting her work life. She does not report any having been given a plan to manage the asthma. After her visit, the doctor recommended Lady S to a pulmonologist to assess the work-up for her condition. After continuous assessments including extensive tests, the physician confirmed that Lady S has refractory asthma, which presents symptoms such as allergies, vocal cord dysfunction, and sinus disease. |
| **Education:**  Describe in detail content plannedfor teaching this patient in the scenario.  ***40 points*** | After the initial diagnosis, the patient was not ready for further education, but after a little motivation, she agreed to return for further assessment. Today was her follow up consultation, and after reviewing her diagnosis, I confirmed and identified the trigger factors. For this diagnosis, allergic factors and respiratory tract infections are the typical triggers. After her nasal airway assessment, Lady S would benefit from better management of her allergic triggers (Panagioti, 2019). We discussed other factors which could cause asthma including changes in temperatures, pets, and exercise. In addition, we talked about the use of asthma control test, and how one can use it to manage asthma. Lady S agreed to schedule to return after three weeks, and we set up a call reminder. |
| **Identify the mHealth application:**  Identify a mHealth app that could benefit the patient. Describe the app including the mHealth app name, purpose, intended audience, mobile device(s) upon which it will operate, where to download or obtain it. Include a working link if it is to be downloaded from a website. Add any other information you believe would be pertinent to this situation. Make sure to add a citation for this mHealth app in APA format.   1. ***points*** | Asthma buddy is a mHealth app developed by the National Asthma Council to help asthma patients to control their conditions. This app allows patients to record their plan of action, reminds them to take their medication, and also track their progress. Available for iPhone and android users, the app can be great for patients with asthma or parents whose kids have the condition (NAC, 2019). The app is free to download and is available at [Asthma Buddy](https://www.australiawidefirstaid.com.au/asthma-buddy-first-asthma-app-android-users/). |
| **Statement from instructor on required assignment and topic:**  Accepted,Accepted with revisions needed, ORNot accepted.  **\*Any required revision will not alter your grade for this assignment. \*** | * **Accepted** * **Accepted with revisions** * **Not accepted** |

References

NAC. (2019). Asthma Buddy: The First Asthma App for Android Users | Australia Wide First Aid. Retrieved 7 November 2019, from https://www.australiawidefirstaid.com.au/asthma-buddy-first-asthma-app-android-users/

Panagioti, M. (2019). Self-management support interventions to reduce health care utilization without compromising outcomes: a rapid synthesis of the evidence. Retrieved 7 November 2019, from https://www.journalslibrary.nihr.ac.uk/programmes/hsdr/11101406/#/