

Case Study Paper

Yusuf Khoury is a 57 year old Accountant

Yusuf Khoury



Yusuf Khoury is a 57 year old accountant with a history of Type 2 diabetes and moderate to severe depression somewhat controlled by medication.

Immunizations

Since we are assuming that Yusef has all had his childhood immunizations, during Yusuf Khoury visit, he should get some vaccines and just get boosters of others. He should get

- 1 dose Influenza inactivated vaccine since we are in November, and that it is flu season
- 1 dose of Td booster every 10 years according to his vaccinations record
- 2 dose series of RZV, Zoster recombinant, 2-6 months apart with a minimum interval of 4 weeks.
- 1 dose of PPSV23 because he has chronic medical condition, in this case Diabetes and Hypertension.
- Covid 19 Vaccines: one booster shot of Moderna or Pfizer vaccine
- Hepatitis B Vaccine: 2-dose series Heplisav-B at least 4 weeks apart.
- If he wants Hepatitis A Vaccine: we can give him 2-dose series HepA: Havrix 6–12 months apart
- No MMRV since there is evidence of immunity because documentation of 2 dose vaccine

Screening

Since Yusuf is 57 years old male, I will do the following screenings

Alcohol and smoking screening

Prostate cancer screening

Colorectal cancer screening

Depression screening because he has history of depression

Lipid disorder and Obesity screening since they are risk factor for hypertension and cardiovascular diseases

Vision impairment screening because he has Type 2 diabetes.

Chief Complaint

Since the patient chief complaint is shoulder and left-hand pain when he walks his dog and left wrist pain when he uses his computer, I will order a Xray to check if there are no bones fractures in the shoulder, upper arms, and wrist and that no bones is compressing on any soft tissues. I will also reassure him that the pain he is feeling is not related to heart attack as he was thinking. Nevertheless, I will explain to him that the pain is probably caused by his position leaning forward when walking the dog. He should let his wife walk the dog instead since he does not feel any pain when he is walking without the dog. His wrist pain is probably caused by the prolonged hours spending on a computer at works. I will recommend him some short exercises he can be doing regularly to stretch his fingers and wrist at work. Therapeutic exercises for joint pain to maximize function. I will schedule a follow up appointment to see how the pain evolves.

Health Promotion/Disease Prevention Concerns

Diet

No treatment can permanently cure diabetes. It is a chronic disease and lifelong treatment is required. The adoption of a better diet and the regular practice of physical activity, however, constitute a real mode of treatment, and can help to avoid the use of drugs. Yusuf usually orders for his breakfast, a buttered roll and large coffee with half and half and Equal. I will encourage him to change his diet. A healthy and varied diet helps maintain a healthy weight. It also helps maintain relatively stable blood sugar levels throughout the day, as well as good blood pressure. To do this, he should eat as many as possible 3 meals a day at regular times; avoid excess animal fat, avoid excess added sugars such as glucose, fructose, dextrose, etc. He should focus on fiber-rich foods. We can see from Yusuf current diet that he is missing a lot of vegetables, fruits, and healthy proteins. I recommend healthy protein coming from fish, beans, and nuts. He should limit red meat, cheese, chips and cookies or other sweets in the break room at work. In addition, it important that diabetics consume many flavonoids, in food form, for their antioxidant effect. Indeed, there would be more oxidation reactions and inflammation in the body of people with diabetes. Flavonoids are mainly present, in fruit, vegetables, such as artichokes, onions, asparagus, red cabbage and spinach, in even greater quantities in berries.

Exercise

Yusuf is not meeting current guidelines and not getting adequate exercise. As he, recognized himself by saying "I'm allergic to exercise". This shows that he understands he should be doing more exercise. Regular physical activity also contributes to maintaining a healthy weight or eliminating excess pounds, if any. Also, being active makes insulin work more efficiently. I will recommend to my patient Yusuf to be active at least 2.5 hours per week, spreading physical activity throughout the week, in periods of at least 10 minutes at a time, such as: brisk walking, the swimming, jogging, cycling. For instance, instead of taking the subway, which is one block from his home, he could walk for 20 minutes to the next 2 subway stations before taking the train. Similarly, he can do the same when he is coming back from work. It is important to start with low intensity and gradually increase the duration and intensity of the activity. Physical activity can significantly reduce the risk of developing diabetic complications.

Harm Reduction and Brief Intervention

In summary, I will prescribe him aspirin for primary prevention of cardiovascular events because he is at increased risk for coronary heart disease. I will keep his current medications (Metformin 500 mg twice daily, Glyburide 5 mg twice daily, Paroxetine 20 mg twice daily, Enalapril 5 mg twice daily). Treatment with insulin injections is a very valid option, although it is often used after failure of oral medications. Indeed, I will explain to him that insulin injections may be necessary when the drugs are no longer sufficient because insulin secretion decreases over time in type 2 diabetics. Usually one injection is given daily, often given in the evening. For Yusef, it remains important to respect certain basic principles such as having an appropriate diet, adopting an active lifestyle, and performing regular blood pressure and capillary blood glucose monitoring. Regarding the lifestyle to adopt in case of type 2 diabetes patient as with the case of Yusuf; Yusef does monitor his blood sugar and blood pressure regularly and keeps a log of his measurements. I will encourage him in keep doing that and might also show him a video showing how to use a blood glucose meter and a table of optimal glycemic values for adults with diabetes. He will also benefit from a clear diet plan, an easy physical exercise suggestions and different ways to manage his stress.