

Persistent fatigue	Occasional dizziness	Concerns about being able to care for baby
Exclusively breast feeds	Hx: hypothyroidism and iron-deficiency anemia	Has limited family support = husband works long hours and parents live far away
29 yo	Uncomplicated vaginal birth	
4-5 hr sleep per night	Don't feel well rested in morning	Try 3 meals but often skips
Unsure about getting enough calories	Dizzy when stands up and lightheaded thru day	Felt this way when first diagnosed with IDA
Taking levothyroxine and iron supplements as prescribed	Feels overwhelmed and isolated, anxious and struggle with daily tasks	BP 102/68 HR 88 RR 16
Slightly pale	Brain fog and difficulty concentrating	Unsteady at times
Persistent fatigue, sluggish		

Case #3: Adriana Almeida

Diagnoses: iron deficiency anemia and postpartum depression

Compare and contrast your assigned client's presentation for each assigned diagnosis. Consider factors such as demographics, onset of symptoms, history of presenting illness, and associated risk factors.

This client presents a lot of contributing factors that support both iron-deficiency anemia and postpartum depression. She claims that the symptoms have recently developed over several weeks after her routine postpartum visit. The client already has a past medical history of iron-deficiency anemia and is currently taking iron supplements. She had also recently given birth. For depression to be directly related to postpartum, the depressive symptoms onset should be within 4 weeks of postpartum, although many providers consider up to 12 months postpartum (Miller, Metz, Moore Simas, & Hoffman, 2023). On the outside, both iron-deficiency anemia and postpartum depression can look very similar with chronic fatigue, lightheaded, overwhelmed, anxious, brain fog, and sluggish.

Compare and contrast the diagnostic criteria (assessment findings and diagnostic tests) for your assigned client and diagnoses. Support your response with the most current clinical practice guidelines for each diagnosis.

The client came with complaints of brain fog, difficulty concentrating, feeling unsteady and lightheaded with occasional dizziness, persistent fatigue, feeling overwhelmed, isolated, anxious and struggling with daily tasks. During the telehealth