**Health History**

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**Present Health**

Mr. Zhuma, a 72-year-old Caucasian guy with a medical history that involves swollen in the limbs, ankles, and feet as well as melancholy, presents today with breathing difficulties and a chronic cough that has lasted for about 2-3 months. His heart has been contracting less powerful than it should due to his continuous cough. As a result, fluid has backed up in the lungs, causing pulmonary edema (Wolfe, McDonald & Holmes, 2020). In this case, the body coughs incessantly in an attempt to expel the fluid buildup. Mr. Zhuma managed to share his health status at last in order to get help and also offer informational support to those who suffer the same symptoms discussed in this health history. Nevertheless, at first Mr. Zhuma was unwilling to share his health status concerns due to fear of stigmatization of his status. I managed to convince him by sharing to him my own health status and those that are more traumatizing than his.

**Past Medical Health**

The patient who is Mr. Zhuma in this case, shared his past medical health status and how he has been spending his life style. The patient had previously complained of chest pain, fainted about eight times in the last two years, and experienced acute weakness when resting on his bed. For the past 9 months, he has had an erratic heartbeat and shortness of breath (Wolfe, McDonald & Holmes, 2020). The patient stated that he has been smoking cigarettes since he was in his early twenties. He began smoking less cigarettes but drinking more alcohol when he was 45 years old, practically every weekend and after work. When the patient was narrating all this past medical health, I was sitting with him behind his homestead comfortably as we took some locally made porridge and sweet potatoes. I was very comfortable taking this health history with Mr. Zhuma.

At some point we laughed as I interviewed Mr. Zhuma concerning his past health history. There is one interview question that I asked the patient in this case that made him shed tears before responding to the question. The question was why he used to smoke and why at 45 years he started taking excessive alcohol (Jiang et.al, 2022). His reason was family issues which he was not comfortable talking about. I managed to persuade him further to share with me in details. He categorically mentioned how he used to live in stress especially when he could not be able to pay for his children school fee and at the same time take care of his family needs. His salaries used to delay and for that reason he could not meet most of his needs on time. At some point that is in the past 7 months, he was dragonized with Ulcers.

**Family History**

According to the family history of Mr. Zhuma, some members of the family have suffered heart diseases for instance his late father who also suffered Coronary artery disease before he passed on. His elder cousin also had high blood pressure at old age before he died. This could show that Mr. Zhuma could equally be suffering from a heart related disease especially heart failure disease in this case (Ginsburg & Orlando, 2019). Does it mean that his elder son or second born daughter will equally suffer the same disease due to the past family medical history? My answer in this case is it can be Yes. since heart diseases can be genetically and at the same time depend with the environment in which an individual live. The heart disease equally depends on the individual’s life style.

Mr. Zhuma’s living life style in this case is what could have led to his heart failure in this case. I used open ended technique in conducting this interview in order to come up with the best and accurate answer from Mr. Zhuma. I paid much attention to the interviewee body language and I could tell the time he is speaking from his heart. The interview was basically question and answer that is Yes or No answer. According to the past family medical history it is important to put the family together and educate them on the importance of living a stress free life in this case. They also need to visit the doctor regularly for their health status checkup in order to get help in time. This will help in controlling the future disease attack. Mr. Zhuma should equally avoid taking excessive alcohol and smoking of Cigarettes (Ginsburg & Orlando, 2019).

**Review of Systems**

Through this health history of Mr. Zhuma, all the above health history information will help the nurse in knowing the type of heart disease will be affecting the new patient by going through the signs and symptoms. The nurse will actually know the immediate symptoms of heart failure and the last stage of this disease. Through this health history, the nurse will know how to control the disease, preventive measures and what client should do if he or she is attacked by the disease (Chang et.al, 2021).

**Reference Lists**

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