

## PDQ Assignment Day 1

C.S. 1974

Case Information: Christine is a 49-year-old woman who is waiting on test results for a skin biopsy done 7 weeks ago.

Christine is married and the mother of 3 adult children. She lives at home with her husband, sons and 3 big Husky dogs. Her sons are all living at home while attending university and her youngest son is just beginning his first year of classes. She and her husband are presently renovating their stone-style home and this project fills a large part of her day. Christine describes her family as very important to her, and has a sense that they would do what it takes to protect and care for one another. Christine is employed as a nurse in the local palliative care program, a role she describes as a big part of who she is as a person. Working in the field of palliative care has allowed her to see some of the most beautiful, and the most desperate, sides of healthcare. In her spare time, Christine enjoys walking her dogs, spending time in the garden and being connected to nature.

Regarding the present concern, Christine expressed frustration with waiting longer for her test results than the expected 3 -5 week timeline that she was initially provided with. Christine has a family history with cancer and this weighs heavily on her mind. Her sister was diagnosed with Melanoma and died following 9 lengthy years of treatment. Christine described that her sister's death was difficult on everyone in the family, but particularly devastating for her mother. In addition, two of her cousins also died from cancer as a young person.

Christine describes herself as someone who worries, and is prone to apocalyptic-style thinking patterns. She presently feels like things are out of her control. In the past, she has found benefit in the services of psychosocial oncology because she was able to untangle her thoughts in a safe space. It would be important to Christine to have the opportunity to thinking through her options before sharing information with her family and to be in control of what information is shared/with whom. Christine presently is using grounding techniques, including digging through dirt in her garden and taking her dogs for long walks, to manage her thoughts.