

PDQ Day 1

DH DOB: 1964?

Debra is a 59-year-old woman diagnosed with stage 3 ovarian cancer.

Debra has already completed surgery, radiation, and is just finishing up chemotherapy. She found the treatments to be manageable overall. She is struggling with a few side effects, however, finds she is able to cope with same if she doesn't focus on it too much. When asked, Debra reports that she feels scared regarding her diagnosis, mostly related to the fear of the unknown and the future.

Debra finds joy in the plants that she has and being in nature. She finds nature really grounds her and keeps her centered. She states that her house is covered in plants and she enjoys taking care of them all. They have helped her throughout her cancer experience and she will often go to them when she is having a bad moment or day.

Debra states that she has a good support system including both friends and family. She has two adult sons who have been there for her since receiving her diagnosis and call her regularly to check-in. They also assist her with transportation to get to her many appointments. Although they have their own families, they still try to make her a priority, which she is very grateful for. Debra describes a poor relationship with her husband of 28 years. He has not been supportive during her cancer experience and will often make excuses of why he cannot attend appointments or provide support. Right now, she is trying to focus on the support she does have and remain hopeful.

Debra does not consider herself religious at this time, however, she is in the process of trying to understand and learn more about spirituality. After being diagnosed with cancer and receiving treatments, it has opened her mind to other values and beliefs. She isn't sure if it will help yet but is willing to give it a try.