

JB1981 PDQ

Jay: A 38-year-old married man diagnosed with metastasized gallbladder and liver cancer

Jay describes feeling overwhelmed by his palliative situation due to metastasized gallbladder and liver cancer, particularly since it came “out of nowhere”. Shortly before being diagnosed, he had been sick to his stomach, suffered from pain and vomits and lost weight. He is aware that his illness can’t be cured.

When describing what is important to him, Jay immediately speaks of his 8-months-old daughter Emma, “the most beautiful baby in the world”. He and his wife had been trying for years to become parents and finally this big dream had come to be. His daughter means everything to him and he describes her as a stunning little girl. Therefore, he misses her a lot while he has to be inpatient, and he’s also worried about his wife as he can’t be there to take turns. His wife is very worried about his health status.

While working as an IT-specialist has always been a fine job, it has never been his passion. Besides his family, Jay identifies music as his other big love and describes that playing the piano or the guitar makes him feel like himself. He also used to go a lot to concerts of singer-songwriters with his wife and he always played the guitar to put Emma to sleep. In the clinic he says he doesn’t feel compelled to it which makes him feel sad. He thinks that maybe listening to music could give him strength.

Regarding his treatment and current worries, Jay’s biggest fear is not to be able to be “present” anymore and “slowly fade away”. He absolutely wants to stay clear thinking and is afraid of feeling drowsy or confused. It makes him feel insecure not to know yet how to deal with these symptoms while being outpatient and being in contact with his wife and his daughter. He’s also afraid that this might lead to symptoms of anxiety and panic in his wife and make the communication difficult between the two of them.