

K.S. is a 32 y/o person who reports being recently divorced. K has no children. K is currently battling a multiple myeloma.

Describing what is important to her, K states that her dogs are very important companions that give life meaning and purpose. K also reports having some very caring neighbors that are supportive.

K expresses feeling very anxious. This is due to both K's Mother and Aunt dying very recently. Death anxiety has become a problem for K including fear of pain in the dying process and understanding treatment options. Anxiety is a correlate of spiritual distress and triggers a spiritual care consult.

Regarding current worries K is concerned with the difficulty of timing in life for this disease to occur. K is able to say "I guess there is no good time for something like this."

K was referred to our in-patient Palliative Medicine service which concerned K. After clarification and education on the Palliative Service, K was relieved to know the Palliative team could be a partner and ally for patient centered goals of care. The team would additionally manage pain and symptoms. Regarding spiritual matters K is not particularly religious but was open to spiritual care that acts as another layer of support and a listener on the team. The chaplain can help K express personal beliefs and values to be concordant with the goals of care, assist in identifying strength finding practices already established to address worries and concerns, or perhaps introduce new practices to reinforce K's beliefs and values.