

LB 1970, used initials JR

JR is married and has two adult sons who are away at college in different parts of the country. She described herself as a “natural worrier” and identified that one of the biggest challenges related to her diagnosis is all of the uncertainty about what she will and won’t be able to do during her treatment and not knowing what to expect. She is particularly concerned about how changes to her appearance and functioning as a result of treatment might affect her sons, and would appreciate some support and guidance around how best to share information with them. She has been thinking of making a trip to see them in person while she is still feeling quite well but was not sure how to bring this up with the team as she does not want to be perceived as being less than fully committed to the treatment plan.

JR loves her work as a teacher and finds it difficult to be away from her kids and colleagues, and she feels badly about the extra work they will have to take on while she is on medical leave. She is an avid runner and uses physical activity as a way of coping, so she is also a bit worried about how she will manage without this outlet and would appreciate more information about what to expect in terms of physical side effects and the kinds of activities she might be able to continue doing. She noted that her husband is very supportive of her but she would like to know if there are any supports available to him.

*Reflection: In completing this assignment, I can see I was still too much in “clinician mode”- I focused a lot on supports she might need and how this could change the treatment plan but I wish I had asked her what her kids’ names were, what other hobbies she enjoys or what she likes to do for fun, if she has any pets, her spiritual beliefs, her favorite color or music. I would have loved to see the example of a written PDQ before doing the interview. Great learning experience!*