

Mackenzie: A 41-year-old married woman with a history of lymphoma and recent diagnosis of thyroid cancer.

Mackenzie describes initially struggling with her diagnosis of thyroid cancer, as she shared this is her second diagnosis of cancer in her lifetime. This has amplified her fears of recurrence and uncertainty about future diagnoses. Allowing space for Mackenzie to voice these concerns is paramount to Mackenzie's ongoing well-being and ability to feel heard and validated by her care team.

Mackenzie's family is of significant importance to her. Mackenzie has a spouse of twenty years, as well as three children aged fifteen, thirteen, and eleven. Mackenzie describes her spouse as extremely supportive and finds it helpful for him to be included in appointments so that they are both on the same page with all medical information. Mackenzie and her spouse have provided her children with age appropriate information regarding her diagnosis and is open to further resources for them as her treatment begins.

Mackenzie's role as an oncology nurse has been a source of strength and community for her up to her diagnosis. However, her current concern is that she 'knows too much' and may find it hard to navigate how much information she wants regarding her diagnosis, how she can separate herself from the patient experiences she has witnessed, and how to go from the role of 'nurse' to 'patient'.

Regarding the care team, Mackenzie wants to maintain a therapeutic relationship with her counsellor through the clinic. Given her current career, Mackenzie is very familiar with the resources provided for patients. She feels confident that she will be able to reach out when she requires support. However, should new resources become available she would like to be notified.