

PDQ Discussion held with VC on September 8, 2022

Important things to know about VC (Val):

Val came into ER because of injuries from a fall and was admitted after scans showed a questionable mass on her gall bladder. She is scheduled for a biopsy tomorrow (September 9) and has spoken with a gastroenterologist about the possibility that the mass is cancerous. She has a medical background and has had some experience with cancer in her family, so is really nervous and anxious about this prospect.

Val has a husband, 2 daughters and a cat, and she is worried how a cancer diagnosis could impact them. Her parents live in town and could possibly help out if needed, but for now she's only told her husband. She says that she's a person who likes to feel "in control" and would not be great at asking for help if her health should worsen. She doesn't have a written advance directive or ACP, but her husband is her health proxy/substitute decision maker.

Val describes herself as a realist and a pessimist, and is already anticipating an incurable cancer. Quality of life is more important to her than quantity, and she would like to make the most of whatever time she has left. Being physically independent and very active (working out 4 times/week; yoga; walking kids to school) brings meaning to her life, and even not being able to walk at a fast pace would really impact her quality of life.

As someone who is a planner and likes to be in as much control as possible, **the most important thing that Val would like her entire care team to know** is that she wants to be told the truth about everything as soon as possible, and to not "sugar coat" the bad news. She wants to be given all facts and options, and for us to not make assumptions about what is best for her. While dealing with uncertainty is hard for her and causes her lots of anxiety, she wants to be kept in the loop and as aware as everyone else is about her situation, rather than waiting until all the "pieces" are in place.