

Flexing Your Core – Domain 4 Comfort and Quality of Life

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February 29th, 2024

Resources:

BCCPC Symptom management guidelines: <https://www.bc-cpc.ca/publications/symptom-management-guidelines/>

Case Study:

Mrs. Lin is at home, enjoying time with her family. So far, she has been able to dress and do the household cooking herself.

Over the past few days, she has noticed she is getting more tired. When climbing stairs to her bedroom, she has to pause several times. She has stopped showering and does a sponge bath instead.

Her family is worried she seems “down” and doesn’t laugh like she used to.

Case Study Questions & Discussion summary:

Thinking about your role...

1. **What questions would you want to ask Mrs. Lin and her family?**
 - Asking for consent – if it is okay speaking alone or should a family member be present?
 - Start generally by asking open-ended questions like how are things going? How is she feeling and doing emotionally with the changes?
 - What is working? What is challenging? What matters to her and a sense of relationship /roles in the family?
2. **What would you suggest to help her with fatigue?**
 - Curious to know where the fatigue is coming from e.g. is it as a result of lack of sleep? Mental and physical fatigue as a result of her cancer- further connect to Acute health care team to determine how to intervene.
 - Determine if there are some things that could be done to alleviate the fatigue.
3. **How could you support her individual and family wellness?**
 - Curious about family’s understanding of her health and providing education.
 - Figuring what the goals are, what to expect, any useful intervention.
4. **Are there other team members you would like to bring into Mrs. Lin’s care? (could be formal or informal)**
 - OT, Care aides, End of life doula, Home support