

## **Five cases:**

### **1.**

Brittany, a young woman of 26 years comes to your clinic. You notice she has a suntan, but previous investigations have shown that she is highly predisposed for developing skin cancer.

What do you do?

Further information:

Brittany comes back to your clinic 6 months later. She still has a suntan.

How do you handle this?

It turns out Brittany lives in the outskirts of London and works in a beauty salon. The way she looks is really important to her. Her hair is always done nicely, her nails are manicured, she works out and she always has a tan. (being young, she feels immortal)

What is your advice?

### **2.**

George, a man of 55 years comes to your clinic. He has been complaining about pain in his muscles and joints for some time now. You have just received the answer to his test results, showing he has rheumatoid arthritis.

What do you tell him?

George comes back to your office and complains, that he's still experiencing a lot of pain and the medicine you prescribed does not help him.

What do you do?

It turns out, George is a construction worker and has been his entire life. The many hours of strenuous manual labour each day is hard on his body.

What is your advice?

### **3.**

Tina is a 40 years old woman. She was diagnosed with diabetes 2 years ago and is coming to the clinic for a routine control appointment. She is having a hard time controlling her blood sugar level.

What do you do?

It turns out, Tina works in an open space office. She hasn't told her working colleagues about her condition and she thinks it is extremely embarrassing to measure her blood sugar and take her insulin in front of them, so she always waits until she is on a break.

What is your advice?

**4.**

Hank is a 58 years old man, who has problems with elevated blood pressure. You have prescribed antihypertensive medication for him and told him to keep an eye on his blood pressure. He comes to your clinic for a routine check and brings his measurements, which are almost all too high.

What do you do?

It turns out, Hank has a really busy life. He is a businessman, never works less than 60 hours a week and travels a lot. He often forgets to take his medication.

What is your advice?

**5.**

Lea is a woman of 43 years. She was diagnosed with breast cancer a few months ago and has had a big growth surgically removed. She is coming to your clinic to receive the results of the tests done afterwards. The tests have shown, that the cancer has spread to her lymphatic system, lungs and liver. You now have to tell her that her life expectancy is no more than 6 months at best.

What do you do?

It turns out, Lea is a single mum of three children between three and seven years of age. The father is completely out of the picture and her own parents are both deceased.

What is your advice?