

ARC Patient Navigator Training

Case Study 2: Sophie DesRochers

Sophie is a 38 year old woman with a 2 year history of arthritis in her hands, wrists and feet. She has painful, swollen joints; stiffness and fatigue. Her father also has a form of arthritis and is very limited in his mobility because of his low back pain and foot pain. Sophie worries that her condition will get worse over time like her father's health and she will be unable to care for her two daughters, aged 6 and 11. Her husband is in good health, but works in Toronto through the week, returning home on weekends.

Sophie is tearful and not coping well. *"I am always exhausted and I am not sleeping well because of the pain."* She is unable to keep up with her household activities, and feels she has no time to take care of her health. Sophie smokes 12 cigarettes a day. She stopped attending a gentle swim program at her local community recreation centre.

Last week Sophie met with her primary care physician, Dr. Elizabeth Grant. Together they discussed medication to help with Sophie's symptoms and activity programs in the community for persons with arthritis. Dr. Grant advised that Sophie resume gentle exercise, join a stop smoking program, and see someone for emotional support. The ARC Community Resource referral form was completed.