

ARC Patient Navigator Training

Case Study 1: Marie Dorion

Marie is a 47 year old female with a recent history of high blood pressure. She drinks an average of 5 cups of coffee during the day and smokes 1 pack of cigarettes per day. She tried to quit smoking, but just kept gaining weight and became very discouraged and depressed. Joan began taking herbal diet pills 2 weeks ago in an attempt to lose weight, however her family physician, Dr. Barbara Wells, advised that she stop taking these diet pills. Marie does not like to exercise because it is "embarrassing".

She has not been sleeping well and reports that her job with a software company is very stressful. Marie lives alone and is the primary support for her elderly father who lives in a long-term care facility in Vanier.

Marie would like to stop taking her medications for high blood pressure. She believes that if she can get back into shape and quit smoking, she could control her blood pressure without medication.

Dr. Wells has scheduled lab work and an EKG. In the meantime, she identified "Stop Smoking Program," "Physical Activity" and "Mental Health" needs on the ARC Community Resource Referral form.