



**VA Boston Healthcare System
1400 VFW Parkway
West Roxbury, MA 02132**

Whole Health Training: Pre/Post Assessment

Name:

Discipline:

Training Level:

Date:

Please review the two cases below and describe in a paragraph how you would treat these patients and your reasons for selecting particular approaches to address their presenting problems.

Ms. Thomas, age 68, has osteoarthritis in both hips. She has been active all her life, but now it is persistently painful for her to do most things for the last 7 months. She started to go to physical therapy to increase her mobility, but the pain she was experiencing made her stop. She tried walking on her own for a half hour every day, as she believes that movement is good for her, but since that was painful, she now avoids walking too. Her former physician, Dr. Medic, has told her that she is not yet a candidate for surgery, and that it is important for her to stay physically active and to participate in physical therapy sessions. She feels that he just does not understand her since he is only 32 and can do anything that he wants without pain. She has requested a higher dosage of her pain medication but Dr. Medic was concerned that she is taking too much and may be getting addicted. Ms. Thomas actually has the same fears about pain meds and addiction, and she really would like to be more active without taking more meds. She comes to you with hopes that you will help her.



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Mr. Smith is a 52-year-old, obese, Hispanic male, who presents with hypertension and hyperlipidemia for follow-up after recent myocardial infarction. He smells of cigarette smoke and appears nervous during the evaluation. He mentions that he has been working overtime to make up for the financial cost of his recent hospitalization and recovery on his wife and three children. He expresses urgency regarding completion of your exam so that he may return to work after grabbing a burger for lunch at a nearby fast food place. Despite his desire to quickly return to work, he does share his fear that he may have another heart attack if he does not 'get my act together'. He says he knows that the way he's living and his constant worrying about finances are not good for him, but he has no idea where to begin when he thinks about changing things.