

Unit 8 Assignment: Case Study

Juanita is a middle-aged Hispanic female. She goes to her doctor because she is having severe, frequent headaches, heart racing, chest pain and dizziness/balance problems. Juanita has a long history of other health issues that her doctor has not been able to explain from a physical point of view. She has also had frequent accidents, falls, etc. Juanita's doctor has decided that it is time for her to have a complete physical. Her doctor asks her if there is anything else he should know. Juanita tells her doctor that all is fine. Juanita's doctor is aware that about 8 years ago, Juanita attended and successfully completed an inpatient rehab for alcohol use. Sensing that Juanita might be resistant to opening up with him, her doctor asks her how her recovery is progressing. The doctor wonders if Juanita is eating okay and exercising, since she has lost a lot of weight. Juanita finally tells her doctor that her job is on the line, her youngest child is about to leave home, and she feels depressed. Juanita admits that, as a result of her personal problems, about six weeks ago, she relapsed with alcohol and has been drinking regularly since then. The doctor suspects possible anxiety related problems or panic attacks but is puzzled by the balance problems. He examines her inner ear and finds that her eardrum has been ruptured. However, when inquiring about ear infections, Juanita reports nothing of that nature recently. He tells Juanita that the next logical explanation is head trauma and that based on the numerous unexplained injuries he expects physical abuse. Reluctantly she admits that there is physical violence in her marriage. The doctor states that he knows that there is a major problem with the relapse, and she needs help; she also needs treatment for the domestic violence. The doctor makes an appointment at the local Drug and Alcohol Treatment Center, which specializes in trauma informed care. Juanita agrees to keep the appointment; however, the doctor is concerned that Juanita may not go.