

## Case Study,

This case study is on a 68 year old Pakistani lady. She is under treatment for Diabetics, high blood pressure, high cholesterol, arthritis and depression.

The first session she came in with the support of her walking stick and avoided the flight of six steps and took the lift. She greeted all and settled down. She filled out the forms without being too involved with the group.

During the **first session- My Health** - her definition of health differed from all. For her health meant being able to go out and enjoy the society while for majority it meant absence of illness. During the session, I asked participants to discuss how the society could help to improve health of the people. At the end of the first session her goal till the next session was to walk for ten minutes for five days and to discuss what was learnt with three people ( this was done to see the effect of conversation on the feeling of loneliness)

During the **second session ( Living a healthier lifestyle)**- I greeted her down the stairs, she refused to take the lift and walked up the stairs holding on to me with the help of her walking stick. She sat down and took out a book and pen and took down notes earnestly. Discussion on eat well plate and calorie has always been greeted with surprises, laughter and questions- this group was no different. During the tea break, she discussed about the conversations she had to the three people and how good she felt. After tea break we discussed on the impact of alcohol and smoking- this is a very sensitive topic and had to be delivered with utmost care and consideration to the religion and cultural barrier. She took notes of these too! Her goal for this week still remained ten minute walk for five days and talk to two adults and one person younger than her ( this was done to widen the number of people she can talk to ).

During the **third session ( Health and well being)**- She greeted me down the stairs and walked up the flight of stairs without her walking stick but holding on to me for support. She commented that she feels happier and hence more confident. She sat down while the other participants arrived and she shared a poetry that she wrote. During this session BMI, effects of healthy eating and weight management was discussed. We discussed Diabetics and high blood pressure. She had a lot of question to ask and had even brought back question from the people she was talking to! Her goal for this week was 10-15 minutes' walk for five days a week and to sit with the extended family to make a family meal chart for the week. She was asked to ensure that all household including kids will be involved.

During the **fourth session- ( Peace of mind)** - She greeted me down the stairs and walked more steadily up the stairs talking happily. This is a topic that needs to be delivered with care as in this culture as many- health of mind is a private matter and often bring shame to admit about any illness. So we do have to slowly move the barrier of thoughts before starting. My process was made easier as she shared how happy she felt the last week as she was able to talk to her grand kids and daughter-in-law without conflict of interests. What surprised the group was that - the food diary for the week got the whole family talking and they tried hard to keep it according to the eat well plate. Her tears visibly running down her face as she spoke about the jokes, the shopping, the lists etc., ( I offered her a tissue). She also admitted that she was taking pills for depression. (This lead to another very young

participant admitting to me that she is taking depression pills from Pakistan. This young lady said she felt empowered to take help from GP and said this session was very resourceful for her). Her goal was to walk 15-20 min for five days a week taking a member of family for walk on two days and to continue with taking about the session to people and to create the weekly meal planner.

During the **fifth session ( Self care)** - She walked up the stairs by herself and greeted me. She felt so proud of being able to walk with more confidence and less pain. This was a very lively session on traditional treatment and difficulties of using the health services. The importance of avoiding A&E and using 111, pharmacies etc was discussed with group activity. She said, " The responsibility of my health was with me- why did I forget it and blame NHS and society".

- Her realisation that simple steps was making huge changes in her mood, health was life changing for her. She said that she calls up friends in Canada and relatives in Pakistan too to talk about the things she has learnt through this session. She was very thankful for this free session provided and said that she wants to come back to re-enforce these for the next session!

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