



MARIA - CHALLENGE

A transdisciplinary approach...

LEARNING TO...

...use “The Arrow Model” in a Transdisciplinary approach to help Maria improving her quality of life wants to take back her former lifestyle.

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Case study

Maria is 55 years old and works as a primary school teacher in Portugal. In her younger years, she was an active marathon runner and dreams of reigniting her passion for running. She has always lived an active lifestyle but has faced challenges with her weight and health in recent years. Maria was diagnosed with type 2 diabetes at the age of 45 and has struggled to accept this life-changing condition. She is consistently worried about experiencing low blood sugar levels, which has led her to carry snacks in her bag at all times. This habit has contributed to weight gain, further affecting her self-image and mental well-being.

Maria is divorced and has two adult children who have moved out of the family home. She often feels lonely and misses her children, which has had a negative impact on her mental health. In her leisure time, Maria enjoys reading books, watching television, and baking cakes. In the evening before going to bed, she likes to drink a glass (sometimes 2) of red wine. She also has a small dog that she takes on short walks, giving her some exercise and companionship. Although Maria is keen to improve her quality of life and reclaim an active lifestyle, she struggles to find the motivation.

Current situation

Maria has recently been diagnosed with high blood pressure and elevated cholesterol levels. Concerned about her health, she knows she has to take control of her lifestyle. For the last 2 weeks, Maria has been having problems with her blood pressure and her glucose levels which have been very variable. She was admitted to the hospital for stabilising her medical situation so she gets her life back on track and resume her former lifestyle. The endocrineologist discharged Maria from the hospital yesterday.

Challenge

Maria misses her children and wants her former lifestyle back.

Help Maria organizing getting her life back on track and re-establish contact with her children.

While helping Maria, think in a transdisciplinary way...

Personal information

Name:	Maria Silva
Social security	10977679514
Address:	Home address: Praceta Xanana Gusmão 3 - 8ºFrt 2005-763 Santarém School address: Largo do Mergulhão – Vale de Estacas 2000-656 Santarém
Cellphone:	+351 962543201
Email:	maria.silva@gmail.com
Date of birth:	29/04/1970
Nationality:	Portuguese
Sex:	F
Languages skills:	<ul style="list-style-type: none">• Portuguese: mother tongue• English: good

Time table @ school

Monday	9h to 13h
Tuesday	13h to 17h
Wednesday	8h to 12h
Thursday	11h to 15h
Friday	9h to 13h

Discharge letter

UNIDADE LOCAL DE SAÚDE

Nº Processo: 7345689

Nº SNS (código de barras):

Maria Silva
29/04/1970

Praceta Xanana Gusmão
3 - 8ªFrt
2005-763 Santarém

Telefone: +351 962543201

Data de Criação: 20/5/2022 Local: HOSPITAL - PORTUGAL Versão: 0

Data de Bloqueio: Criado por: ENDOCRONOLOGISTA

Nota Alta Medicina

SERVIÇO DE MEDICINA

Internado em: 17 Maio 2025 Data de saída: 20 Maio 2025 Data da alta: 20 Maio 2025

Historia Clinica

Diagnósticos

- Hipertensão arterial
- Diabetes Tipo 2
- Hipercolesterolémia

Resumo do internamento

Senhora de 55 anos, independente nas atividades de vida diárias. Antecedentes de Diabetes Mellitus Tipo, Hipertensão arterial e Hipercolesterolémia. Sem alergias medicamentosas registadas

Medicação habitual:

- Metformina 500mg 2xdia. PO
- Ramipril 5mg 1xdia. PO
- Atorvastatina 20mg 1xdia PO
- Zolpiden 100mg 1xdia PO Noite
- Paracetamol 1gr PO SOS

Doença actual

Internamento no dia 20 de maio de 2025, para controle dos valores de tensão arterial, diabetes e colesterol, assim como adequação da sua terapêutica. Na admissão hospitalar: vígil, colaborante. Pele e mucosas hidratadas. TA 164/86mmHg, Fc 81 bpm, Temp 37°C. Acompanhado por endocrinologista no internamento.

MCDTs realizados:

Realizadas análises clínicas – revelando valores de glicémia elevados;

História Clínica

Acompanhamento da evolução dos valores de TA e Glicémia, ao longo dos dias. Internamento sem intercorrências.

Melhorada, estável, tem alta clínica com recomendação de manter a terapêutica já efetuada antes do internamento.

Fica agendada consulta com endocrinologista no hospital para reavaliação daqui a 6 meses.

Encaminhado para o médico e enfermeiro de família

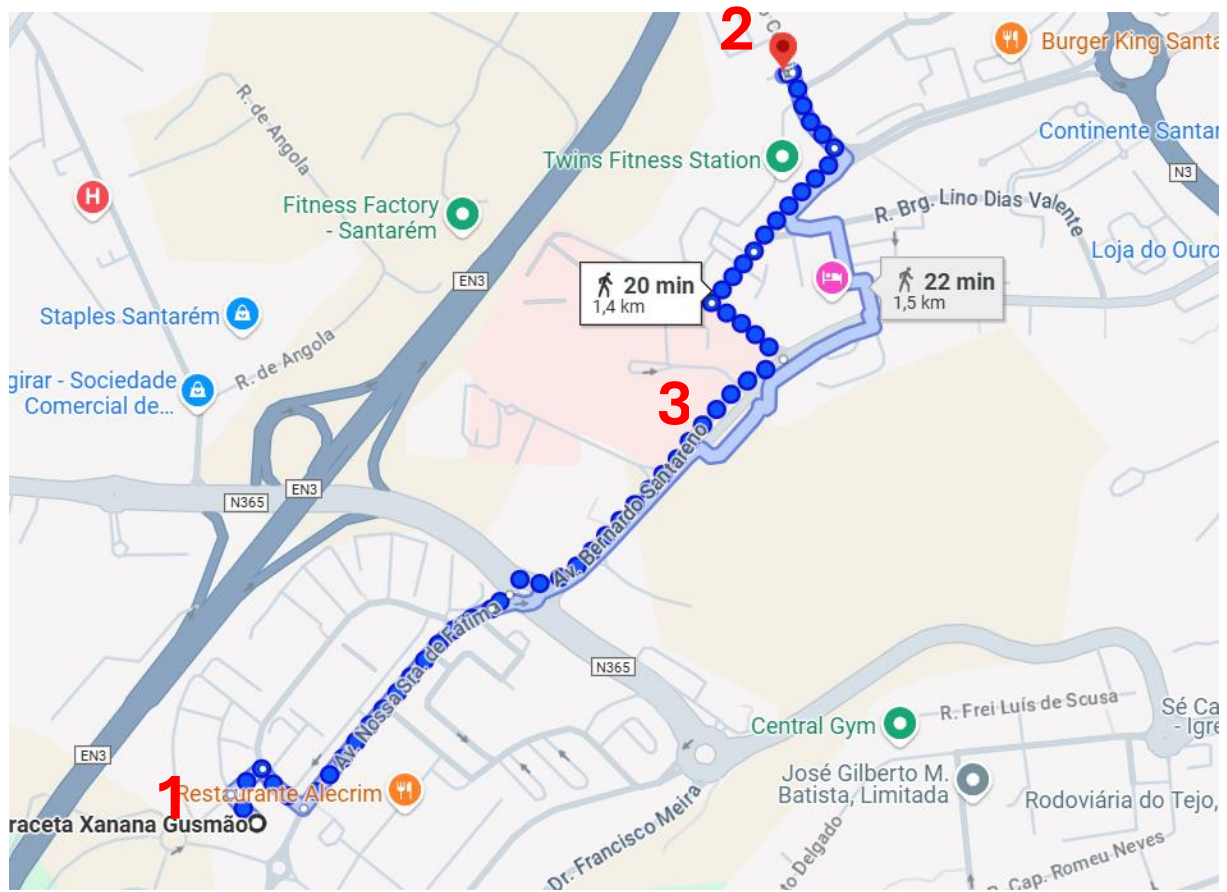
Processado por computador - SClín

Medication sheet

Basis information	Citizen: Maria Silva	Cpr.nr.: 290470-5522
CAVE: None known		GP: Leonora Kraken Tlf.: +351 962543201
Medication storage: Medication is stored in the home		Diagnoses: Type 2 diabetes, hypertension, hypercholesterolemia
Pharmacia: Pharmacia Flamma Vitae		
Bemærk: Remember to reconcile the information on the medication card with SNS		Life-prolonging treatment: Have not decided

Medicin	Indication	Ordination	Strenth	08.00 am	12.00 noon	6.00 pm	10.00 pm	Remark
Tbl. Metformin	Type 2 diabetes	500 mg x 2	500 mg	1		1		
Tbl. Ramipril		5 mg x 1	5 mg	1				
Tbl. Panodil® Paracetamol	Pain	1000 mg P.N Max x 4	500 mg					P.N Can be crushed
Tbl. Atorvastatin		20 mg x 1		1				
Tbl. Zolpidem	Insomnia	10 mg P.N Max x 1						

Interesting places



- 1: Maria´s home
- 2: School (Maria´s job)
- 3: Hospital