



# TRISTAN - 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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# COORDINATING MEETING PALLIATIVE CARE

Tristan Hermansen

Tristan Hermansen is 64 years old and lives in an old bricklayer's villa in Skæring with his wife Rie. They bought the villa when they were newly married, and Tristan had just taken over the masonry company he had been trained in.

Tristan and Rie's home has always been one filled with laughter and life. They have two sons and a daughter. The family is close, although emotions are not really spoken about out loud.

Rie joined the local church council 10 years ago, which meant that she and Tristan started going to church regularly. Tristan is not a believer but enjoys sitting in the large church hall and listening to the sermons with Rie by his side.

Tristan was diagnosed with pancreatic cancer two years ago after a long history of recurrent constipation, nausea, vomiting, fatigue, lack of appetite, weight loss, and increasingly yellow skin.

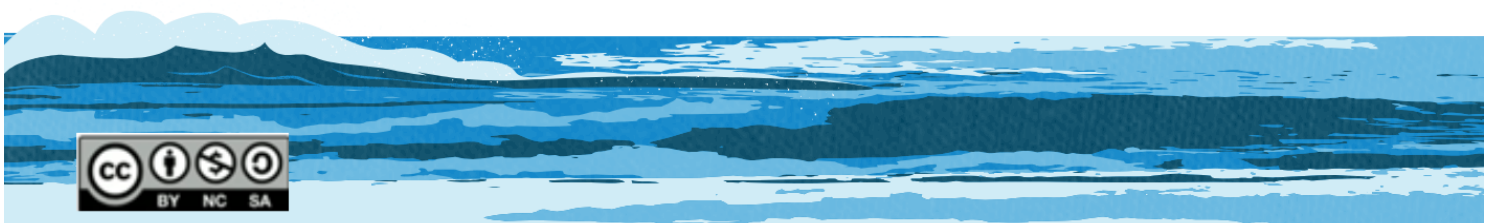
Tristan has had radiotherapy and chemotherapy, which unfortunately he did not tolerate very well and did not have the desired effect. Three months ago, he was diagnosed with metastases to his lungs and liver, which was accompanied by a terminal diagnosis.

Tristan has become increasingly worse and is now affiliated with the palliative care team, palliative care team and home care.

Tristan has lost a lot of weight and has found it difficult to keep his balance. He also complains of a lot of nausea, lack of appetite and tremendous fatigue.

Tristan has never been one for talking about his feelings, which causes a lot of frustration for the children and especially Rie, who takes care of most things around Tristan. As he doesn't want many people in the home. Tristan also doesn't want to talk about the end of life and death. When family or others try to talk to Tristan about what's coming, he always says "I'm not dead yet, so who knows if it's even going to happen to me, no point in getting ahead of ourselves when we don't know if it will happen."

When he has the energy, Tristan prefers to sit on their small, enclosed balcony overlooking the water with the heat lamp switched on, smoking cigarettes and drinking coffee. The home care nurse has been coming to the home for the last 6 months to administer medication, as Rie finds it confusing. The home care nurse also comes if Tristan has sustained wounds because of his falls. An SSA also comes three times a week to help Tristan in the bath.





## Challenge

You need to organize a coordinated meeting at Tristan's home, with the participation of different professionals who all have an impact on the palliative care process. The goal of the meeting is to create a plan with Tristan's wishes and needs in focus.

It's important that you think transdisciplinary when carrying out the task.



### Medication chart

<b>Basic information</b>	<b>Citizen:</b> Tristan Hermansen	<b>Social security number:</b> 290861-xxxx
<b>CAVE:</b> None known		<b>Doctor:</b> Hofftoft Medical Centre <b>Tel:</b> 58261647
<b>Medication storage:</b> Medication is stored in a box in your own home.		<b>Diagnoses:</b> Pancreatic cancer recurrence with spread to liver, lymph and bone
<b>Pharmacy:</b> Egå Apotek - home care orders / wife picks up		<b>Habilitation:</b> Habil (30-09-23)
<b>Note:</b> Remember to reconcile the information on the medication card with the FMK		<b>Life-prolonging treatment:</b> Have not made a decision

Prescribed medicine print d.d. -									
Preparation	Indication	Ordination	Strength	08.00 am	12.00 noon	6.00 pm	8.00 pm	10.00 pm	Remark
Tbl. Methadone"DAK" Methadone	Cancer pain	5 mg 2 a day	5 mg	1			1		
Tbl. Creon® Amylase, Lipase, Protease	Reduced pancreatic	50,000 lipase EP-e Enterocapsule 3 a day	25,000 lipase EP-e Enterocapsule	2	2	2			Should be taken with a meal.
Tbl. Panodil® Paracetamol	Muscle pain	1000 mg 4 a day	500 mg tablet	2	2	2		2	Must be crushed
Tbl. Morphine"DAK" Morphine	Cancer pain	30 mg 4 a day	30 mg	1	1	1		1	
Tbl. Citalopram "Mylan" Citalopram	Depression	10 mg 1 a day	10 mg	1					
Tbl. Multivatamin	Vitamin	1 tablet a day		1					



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P.N. Medicine				
Preparation	Indication	Ordination	Strength	Remark
Tbl. Creon® Amylase, Lipase, Protease	Reduced pancreatic secretion	10,000 lipase EP-e Enterocapsule  Take as needed with snacks	10,000 lipase EP-e Enterocapsule	Should be taken with a meal.
Tbl. morphine "DAK" Morphine	Cancer pain At the onset of pain	Max x 4 daily	10 mg	
Movicol powder®	Constipation	1 letter if needed		Must be mixed in liquid