

Hannah Case Study

Name: Hannah

Age: 41-years-old

Employment: Drug Sales Representative

Family Hx:

- Father has hypertension
- Mother has type 2 diabetes

Medications: Prescribed Metformin 500mg bid.

History:

- Married, 3 kids (8, 11 and 15 yrs) Husband is an elementary vice principal.
- BMI 31kg/m² (lost weight in the past prior to her first pregnancy)
- Type 2 Diabetes: A1C is 8.0%. Hannah reports that she takes her Metformin off and on as she states that she feels better without more pills.
- Smokes 1/2 pkg/day - quit while she was pregnant with her children then started smoking again 3 years ago due to life stressors.
- Anxiety
- ADHD (diagnosed as a child)
- ACL Surgical Repair (Left Knee) from skiing injury 15 years ago. Cannot jump well and can sometimes get pain in the left knee during exercise.
- Post-Concussion Syndrome from a Motor Vehicle Accident 2 years ago

Presenting Concerns:

- Diet: Hannah wants to create a healthy household for her family. She has never seen herself as a good cook. Family eats take out 2-3 times per

week. Her job keeps her on the road a lot. Hannah has many evening meetings with healthcare providers for work. She is too tired to cook after the evening meetings.

- **Diabetes Management:** Hannah has not been able to keep her glucose in recommended range.
- **Anxiety:** Hannah has sought advice from her family doctor about her anxiety. He suggested medication which she declined as she was concerned about the side effects and wanted to be able to manage her anxiety without medication. She experiences acute anxiety many times through her week and frequently finds herself snapping at and fighting with her husband and children.
- **Exercise:** not currently active outside of ADLs. Used to attend Curves prior to her first pregnancy. Has had lower back pain since giving birth to her third child. Barrier: finding the time to exercise.
- **Post-Concussion Syndrome:** Hannah experiences ongoing symptoms that include headaches, being forgetful sometimes, and feeling like she is in a fog and can't think clearly especially by the end of the day.