

26.8.24 Theresa

83 yrs.

AF → ED

So stressed

Live w/ Mary + son - have to cook + clean.

Angry for nothing

Hard to sleep - mind racing

Arthritis in knees

TIGHT

pain

Neck cracking

Heel spur

> movement - have to get up + walk.

Too scared to go out - fear of falling

Worry about knees

Shoulder - HG clenched TIGHT.

Lost husband 10 yrs ago.

Worry of Mary out drinking

3 boys + 2 girls

5 g. kids

Husband was sick;

Took time to recover;

Pray cat. Catholic.

In AUs 63 yrs. from Lebanon. 1840

Married AUs man to.

Parents died.

Only rth once.

Sleep - thoughts

'What am I going to do?; what am I going to say?'

What will I cook tomorrow?; what will I shop for?

Mind - v. active all life

Dreams - no deep sleep.

Bed - 11pm/12am Wake 4am

Don't like to go to bed early

Digestion

or oily
← acid or sour → upset tummy
always be careful to food. — take mitanta

⊕ chicken, veg, meat

Don't drink coffee

Tea - 2 per day - v. weak.

stool - most days

Thyroid

- thyroxine (was tired + sleepy) on it a long time

Blood thinner

creator - cholesterol.

Medⁿ

thyroxine 50mcg daily

Atendol 25mg nocte

Rivaroxaban 20mg OD

Rosuvastatin 20mg OD.

Med Hx

AF

Hypertension

cholesterol

GORD.

Fear

to drive as knee pain.

Some times I feel good + strong.

Hobbies: I like to keep going; to be busy.

? worries

- everyone to be happy

? angry for others

- if I want to do something, want to do it.
Independent.

Bend to nobody.

Pain - shoulder

> relax

> heat

Thumb joint -

Heel spur

Knees - sore; cracking

Stiff if sit too long.

Mary

Need to relax; hyper.

Controlling

Worry about everything + others.

< acid foot

Has routine.

Once has everything done, she can relax.

Can't handle the pain.

Will drive

Nature

Giving; caring; controlling

Likes things done her way.

Wants things done her way.

Took a long time to recover from guilt.