

Section B

Case Study 2 – Upper limb and back affected

ACTIVITY	EFFECT ON ME
Cooking/preparing food	<p>Can't manage cooker to heat up porridge, unable to lift saucepan or stir without pain and don't have the strength. Can use microwave.</p> <p>Unable to cut crusty bread, so I can't have it, although I really love it toasted, because I can't use a sharp knife safely</p> <p>Unable to lift the kettle to make a cup of tea as don't have the strength or it causes pain. I have scalded myself with hot water trying to do this on three occasions. I use an aid to do this.</p> <p>I would like to eat more salad to help manage my weight but I can't cut it up. I can't chop veg properly at all as it is difficult, slow and dangerous. Poor dexterity and not enough pressure to manage task. Fearful of cutting myself as I have done this in the past, so I buy ready chopped vegetables.</p> <p>Unable to maintain a safe grip on a saucepan and lift it, or lifting the saucepan causes pain in shoulders and neck.</p> <p>I use special lightweight pots and pans</p> <p>I can heat up a meal in the microwave as long as not got a film lid as I cannot remove this.</p> <p>Today I couldn't open the microwave as not enough grip due to pain. I could do this 4 days out of seven but grip worse today</p> <p>Can't grip tins to open. Use an aid to manage this ok.</p>
Eating and taking nutrition	<p>My grip was poor this morning and I was unable to drink my hot tea safely. This happens about two mornings a week,</p> <p>My teeth are very painful as a result of my condition, so I can only eat soft food</p> <p>Some food I can't have as I can't cut it up to eat it.</p> <p>Went out for dinner, had to ask for food to be cut up for me.</p>
Managing therapy/monitoring health condition	<p>Physiotherapist has recommended hydrotherapy to manage my pain and help with weight loss. I wanted to go swimming today but unable to go alone as I need help to get out of pool due to ladder. When I go swimming I can't get my wet costume off without help. My GP has recommended swimming to help manage my weight.</p> <p>Attended counselling for anxiety. Having been seeing GP with anxiety and depression for 18 months.</p>
Medication	<p>Unable to open medication bottles for my regularly required medication (not PRN meds) I have an aid to do this.</p>
Washing and bathing	<p>Teeth, maintaining and manage dental care difficult, can't reach all teeth. I have bad teeth as a result which are painful. I have to go to the dentist every two months.</p>

	<p>Unable to wash and scrub body everywhere properly, only as far as I am able to reach with my shorter arms. Am limited to where I can reach. I have to put shower gel on haphazardly, i.e. squirt on chest and aim at stomach and let the soapy water from the shower run over all my body. Drying I wrap a towel around and have to pad my body against the towel and bed/chair. To dry, takes a long time to dry properly, more than twice as long as would be usually expected.</p> <p>Every 5-6 days, see the hairdresser to wash my hair as unable to reach to do this at all.</p> <p>I have lever taps at home, when I am out I am often to turn taps on as done up too tight due to grip being poor. Only this difficulty when I go out which is less than half the time spent at home.</p>
Going to the toilet Managing toilet needs and continence	<p>To manage to clean properly after the toilet, I need assistance to wipe where needed. However, I do not have this assistance and cannot reach to wipe so have to shower more regularly. Showering does not enable me to clean really effectively my intimate body parts. I spend a long time in the shower to enable the soapy water to rinse throughout my body to the optimum it can in this manner.</p> <p>I get very anxious about being able to clean myself if I need the toilet when I am out. This stops me going out.</p>
Dressing/undressing	<p>I do not wear a bra as I am unable to reach to manage the clasps at the back, If I had the assistance this task could be managed. I would feel better wearing a bra and less self-conscious. I am unable to lift regular jumpers over my head, I have my clothes specially adapted for me, especially those on my upper half i.e. my coat has been adapted. I am not able to do up or undo and buttons, belts or fastenings, including my coat. If I had assistance to do up my coat I would be able to go out in the cold weather dressed to a reasonable standard.</p> <p>I am unable to wear tights as unable to pull them up, just wear skirts and dresses without them.</p> <p>I need a shoe horn to take my shoes off 7 days a week.</p>
Communicating verbally	
Reading and understanding signs and symbols	<p>When the post arrives I can't pick it up or open it without an aid.</p>
Meeting people engaging with others face to face	<p>I avoid social situations as much as possible due to causing psychological distress to meet and engage face to face. I only go out if my sister will come with me and am very self-conscious about people staring at me. By the end of the day I am often so exhausted that I cannot socialise.</p>
Budgeting decisions	
Planning and following journeys	<p>I avoid public transport because I worry about being knocked. Also, I can't hold onto rails on public transport if no seat is available.</p>
Moving around	