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### **Case Study: Alexi Burr**

Alexi Burr is a 34 yo female with a history of anorexia nervosa and hemorrhoids caused by ulcerative proctitis. She experienced unintentional weight loss treated with suppositories. Alexi is an economics professor, a wife and mother, and balances a busy schedule. She reports that she “lets off steam” by going out to drink on most weekends.

#### **Immunizations:**

Alexi received all of her childhood immunizations.

Alexi may consider:

1. Influenza, 1 dose annually
2. We can assume that Alexi received the HPV vaccine as a teenager as well as Tdap booster during her pregnancies.

#### **Screening:**

1. Alcohol misuse
2. Tobacco use and cessation
3. Hypertension
4. Depression
5. HIV infection
6. BRCA Gene Risk Assessment
  - a. Alexi’s maternal grandmother and maternal aunt both had breast cancer. As stated in the USPSTF guidelines, Alexi should be screened for breast cancer due to family history.
7. Intimate Partner Violence
  - a. Any woman of childbearing age should be screened according to the USPSTF.
8. Pap Smear and HPV for Cervical Cancer
  - a. The USPSTF recommends that women ages 30 and above should receive co-testing every 5 years. Alternatively, Alexi can opt for a Pap smear every 3 years.

#### **Health Promotion/Disease Prevention Concerns**

##### **1. Injury Prevention**

- a. Traffic safety
  - b. Burn prevention
  - c. Fall prevention
  - d. Drowning prevention
  - e. Safe sleep environment
  - f. Poisoning prevention
  - g. Firearm safety
  - h. Sports safety
- Harm reduction should include recommending that Alexi limit her alcohol intake, as will be discussed later.

##### **2. Diet**

Alexi often forgets to eat, but when she does remember she opts for fruits and vegetables. She tries to avoid red meat and does not consume fried foods. However, she often does not have time to maintain a structured routine for meals and often finds herself picking up food from the school cafeteria and local cafes. Alexi suffered from anorexia nervosa as a teenager and it is very important that Alexi has a structured meal plan to ensure that she does not skip meals and has proper nutrient intake. Additionally, because of Alexi's ulcerative proctitis she should modify her diet accordingly. Alexi would benefit from a high fiber diet. She will also likely notice a benefit of incorporating high vitamin-B foods, leafy greens and whole grains. She should avoid refined foods, caffeine, alcohol, dairy and spicy foods.

a. Plan

- i. Alexi should continue to avoid red meat and may consider limiting her alcohol intake. It is good that Alexi tries to eat many fruits and vegetables and she should continue to do so. I would recommend that she creates a structured meal plan for herself to ensure that she gets the proper amount of nutrients such as proteins, healthy fats, and carbohydrates each day. As stated earlier, it is preferable that Alexi gets her carbohydrate intake from fruits and whole grains rather than refined and processed foods. Below is a more detailed suggested meal plan for Alexi that follows the above suggestions.

- Breakfast: English muffin with banana and almond butter  
FiberOne cereal, oatmeal, whole grain toast  
Use lactose-free milk and margarine over butter  
Smoothie with leafy greens such as baby spinach
- Lunch: Proteins such as fish, chicken, meat  
Soup or salad with nuts (1 oz), chickpeas (½ oz)  
Prepare salads/lunch at home before work or the night before
- Dinner: Proteins such as fish, chicken, meat (different from lunch that day)  
Turkey, veggie burgers, chickpea patties  
Introduce sweet potatoes or quinoa  
Other variations of whole grains (brown rice, whole wheat pasta)
- Snack: Lactose free yogurt with berries  
Eggs and spinach  
Banana nut butter wrap

### 3. Exercise

The CDC recommends that adults should get at least 150 minutes of light-moderate exercise a week. Alternatively, they can aim to get 75 minutes of moderate-intense activity a week. It is also recommended that adults make time for 2 muscle training sessions a week. Alexi does not currently comply with these guidelines. I would like to see Alexi engage in more exercise each week to enhance her

health and perhaps utilize working out as a way to let off steam at the end of a long day or week rather than drinking.

a. Plan:

- i. Alexi should use the stairs instead of the elevator whenever possible
- ii. During her teaching slots, Alexi should try to walk around the room rather than standing in one spot
- iii. During her breaks, Alexi should find a park to walk around in weather permitting
- iv. Attending a yoga class 2 times a week for one hour each
- v. Attending a HIIT or cardio class 2-3 times a week for 45 minutes - 1 hour
- vi. I would also recommend incorporating a walk before or after meals into her daily routine

#### 4. Harm Reduction

This topic was briefly addressed above in regard to diet and injury prevention. I would reiterate the importance of a designated driver when Alexi goes out to drink. I would also further educate Alexi on the implications of drinking and the health risks involved. I would utilize positive reinforcement by recognizing and acknowledging that Alexi does use safe practices when she drinks by using a designated driver and encourage her to continue to do so. Reducing her glasses of wine to one glass when she goes out to drink is highly recommended.

#### 5. Brief Intervention

a. Substance Use

- i. I think it is important to have a brief screening and intervention regarding Alexi's alcohol use. Alexi reported that she drinks up to 4 glasses of wine when she goes out to drink on Friday nights. This report puts her in the category of "Risky-Use" and should be monitored. Alexi is a wife and mother and it is important that she understand the risks she is involving herself in and the damage that she can induce on herself and her family. Below is an outline regarding the screening intervention that I would complete with Alexi to assess and educate her regarding her habits.

- CAGE Screening

- C: Have you ever felt the need to cut down on your drinking?
- A: Have people annoyed you by criticizing your drinking?
- G: Have you ever felt guilty about drinking?
- E: Have you ever felt you needed a drink first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?

- AUDITC Screening

- How often do you have a drink containing alcohol?
- How many drinks containing alcohol do you have on a typical day when you are drinking?
- How often do you have 6 or more drinks on one occasion?

- How often during the last year have you found that you were not able to stop drinking once you had started?
  - How often during the last year have you failed to do what was normally expected from you because of drinking?
  - How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
  - How often during the last year have you had a feeling of guilt after drinking?
  - How often during the last year have you been able to remember what happened the night before because you had been drinking?
  - Have you or someone else been injured as a result of your drinking?
  - Has a relative or friend or a doctor or another health worker been concerned about your drinking or suggested you cut down?
- 5 As
    - Ask - “Would it be ok if I discussed your alcohol consumption with you today?”
    - Advise - “Due to your drinking patterns, you are at increased risk for developing certain health issues such as decline in cognitive function, breast cancer, cirrhosis, pancreatitis and heart dysfunction. I would advise that you reduce your alcohol consumption.”
    - Assess - “Based upon the information I have shared with you, would you be interested in changing your behavior? Do you feel ready to make a change?”
    - Assist - “I am glad to hear that you are ready to make changes. I would be glad to help you make a plan to accommodate your goals. Does that sound good to you? I would like to help you make a realistic plan and set manageable goals.”
    - Arrange - “It’s great that you are ready to make a change that will enhance your health. Now that you have committed to our plan, is there anything else that I can help you with in this regard? I would be glad to discuss with you now or schedule a follow up.”

### **Order of Addressing Issues**

1. Alcohol Use
2. Screening Recommendations
3. Immunizations
4. Diet
5. Exercise
6. Injury Prevention/Harm Reduction

### **References:**

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