



Well-being

Suffering

Post-Assessment

Question Set #1

1. Meaningful pain is indicative of a degenerative process.
True False

2. Suffering is an affliction of the body not the person.
True False

3. The relief to suffering is: (identify one)
 - a. Technological
 - b. Psychosocial
 - c. Spiritual
 - d. Psychosocial and spiritual
 - e. Multifaceted

Question Set #2

Mr. Brown is a 32-year-old white male who is married and the father of two little girls, 5 and 2 years of age. An architect, Mr. Brown is hospitalized with acute leukemia. The chemotherapy has left him sick and exhausted. Moreover, his physicians told him that they want to try another regimen in order to get him into complete remission. When Mr. Brown attempts to obtain more information about his situation, an intern tells him that unless he tries the new regimen he will die and even if he does, there are no guarantees. At this point his wife and young children come bounding in. Sarah, his 5-year-old begs him to get well so that he can see her in the Christmas pageant. She tells him all of the other fathers will be there. After his family leaves, Mr. Brown wonders why he went to night school and worked so hard to become an architect. A child of the inner city, Mr. Brown worked days and went to school at night. Marrying his high school sweetheart, he promised his wife when his oldest daughter was born that she could stop work and stay home to care for their family and he would earn a living that would take care of all of them. The thought that he would not be able to keep his promise, nor be able to attend Sarah's Christmas pageant, was more than he could bear.

You come into Mr. Brown's room and see he is slumped over in his bed. Something seems amiss. It would be appropriate for you to:

- a. Leave the room and come back when Mr. Brown is perkier.
- b. Straighten him up in the bed so that he breathes easier.
- c. Comment that he seems to be deep in thought.

Explain your answer.

Answer Set #1

1. Meaningful pain is indicative of a degenerative process. **Answer: False.**
2. Suffering is an affliction of the body not the person. **Answer: False.**
3. The relief to suffering is: (identify one) **Answer: e. Multifaceted.**

Answer Set #2

You come into Mr. Brown's room and see he is slumped over in his bed. Something seems amiss. It would be appropriate for you to: **Answer: C.** Comment that he seems to be deep in thought.

Comment that he seems to be deep in thought is a neutral opening statement that allows you to ascertain whether he might be ready to talk at this time. A conversation might occur as follows:

Mr. Brown: Yes, I am (This doesn't tell you much)

You: I have the sense that you're distressed (You can only say this if that in fact is your perception. Also, the "I" statement indicates it is your perception and may not be the reality).

Mr. Brown: I'm in a no-win situation.

You: A no-win situation? (Your repetition here allows Mr. Brown to amplify what he means by a no-win situation and for you to learn about his definition of the situation. What you have also done is to indicate your willingness to listen and bear witness to what Mr. Brown wants to share. The act of bearing witness is a critical contribution to alleviating the loneliness of suffering. Further as Mr. Brown expresses his feelings he can be helped to see that he has done all that is within his power to do to keep his promises to his family. Aside from counseling, financial planning, making a videotape or audiotape for his children or a scrapbook can give him some relief as he prepares to endure the rigors of further therapy. Lastly, talking with his wife and daughters about his love for them and that he will do all that he can to be present for them. Lastly, helping Mr. Brown assure his family that he will always be present, although not physically, whenever they think of him may give all some comfort at this heart-rending time for Mr. Brown and his family.)