

Example:

Anne's reduced activities (20 minutes)



Anne has had arthritis for a long time. For years she has walked to the park and sat on the bench, and enjoyed chatting to people cycling, walking and playing football. She loves listening to the radio and reading. She has a few good friends, and keeps in close contact with her brother, Jake, and sister, Mary. She is especially fond of Jake's children, whom she used to see very often.

However, Jake and his family have moved away. Although they talk to Anne on the phone, it isn't the same. For the last six months Anne has struggled with worsening pain and is feeling increasingly low and upset. She has stopped reading, listening to the radio and going to the park. She sits alone in her chair all day, and her back and legs have started to feel stiffer and stiffer. This is making it more difficult for her to stand up easily and get walking.

Task: Summarise Anne's symptoms and their impact on your own diagram. After a few minutes take it in turns with a partner to explain the vicious circle. Check that Anne understands the impact of reduced activity – and link this to ways of getting better (20 minutes – 5 minutes in pairs summarising on paper, then 7-8 minutes each as Anne/Practitioner).

