# Case study two: Nadia

Nadia’s mum, Rahela, was diagnosed with lung cancer 4 months ago. Rahela has lived alone since her husband died two years ago. Nadia is her main carer, and tries to visit her mum every day. Nadia lives in the next town to her mum and it takes about half an hour to get to her house. Nadia has two teenage children who live at home.

Rahela recently had some chemotherapy to help manage her disease, but it doesn’t seem to have done any good and made Rahela feel very ill. The doctors discussed this with Rahela and Nadia, and they decided that it wasn’t going to help Rahela to have more chemotherapy. They suggested that a palliative approach would be better and they would aim to manage her symptoms. Rahela felt very well for a few weeks, but has recently been losing a lot of weight, lacks energy, and has lost interest in the things she used to enjoy. She now spends most of her time in bed.

The GP came to visit Rahela last week and said to Nadia that he thinks her mum is now in the last few weeks of life. He asked the district nurses to visit, and there is also a Macmillan nurse that comes to the house. The district nurses arranged for a special hospital bed, and for carers to come to the house in the morning and at night. The carers let themselves into the house via a keycode at the front door.

Nadia has been struggling to sleep. She is worried about what is going to happen in the future. She doesn’t want her mum to be in any pain. Nadia has slept at her mum’s house a few times as she doesn’t want to leave her alone at night. Before Rahela was diagnosed, she had asked Nadia to promise never to send her to a nursing home. Nadia would like to honour her wishes and for her mum to stay at home, but she worries about what to do if her mum gets ill at night and how she will cope. Nadia doesn’t like to leave her children and feels very stretched trying to meet everyone’s needs.

Nadia has lots of questions but doesn’t ask the nurses when they are visiting as she knows how busy they are. She would rather their time was spent helping her mum.

Nadia has been referred to your service by the district nurses.