

Care Plan for client # 5

Client initial: JT

Client goal: develop regular practice that will help reduce stress and inflammation, fatigue and manage pain.

Physical/energetic kosha assessment and care plan (including off the mat):

The client is a breast cancer patient. She also suffers from chronic inflammation, although she has not received a specific diagnosis. Her skin breaks out all over her body (very itchy), extremely dehydrated (need to drink water constantly to keep hydrated) and can only eat limited ingredient diet (only rice and tofu for now). Inflammation gets worse when adding more ingredients into her diet, especially fibers. She also has joint pain (could not sit comfortably during breathing practice). The right side of her body is shorter than the left side.

The dehydration and inability to stay focused would place her into Vata dosha, while inflammation of her skin, joint and gut (and the cancer) would be Pitta dosha.

Gunās –She is stubborn and not very active (tamas)

On the energetic level: she is fatigued

Emotion – She focuses on the present moment and letting go of what she cannot control. Yet, she has difficulty in staying focused. She also is forgetful.

Intellectual – She thinks that the body can heal itself. Therefore, she does not seek support from health care professionals for chronic inflammation.

Care plan:

Because the client has joint pain and fatigue, physical and subtle practice will be done by lying down on the floor (with or without the support of props) or sitting on a chair. The practices will focus on grounding and incorporating breath with the movement. Below is the overall sequence of the therapeutic sessions:

- Centering – body scan and breath awareness
- Breathing practice (three-part breath, box breathing, extended exhalation, or alternate nostril).
- Asana (restorative yoga will be included in some sessions)
 - Mountain with arm stretch (inhale) arm down (exhale)
 - Head and neck stretch
 - Side stretch
 - Cat-cow or pelvic tilt (if lying down)
 - Seated cobra
 - Supported bridge pose
 - Knee to chest
 - Happy baby
 - Supine twist
 - Let up the chair
 - Savasana followed by guided imagery
- Meditation – positive affirmation or mantra

Home practice:

1. Meditation – use mantra (Om) or positive affirmation, starting with 2 min daily, walking meditation may be beneficial. If she cannot sit comfortably.
2. Breath – alternative nostril breathing
3. Mindfulness practice – pick one routine activity, e.g., preparing a meal, washing dishes, and engaging all five senses while doing the activity.

Assessment: Assessment will be conducted at the 1st, 6th, 12th sessions.

1. PEG – Pain Screen Tool to assess the pain at the first and fifth session
Krebs EE, Lorenz KA, Bair MJ, Damush TM, Wu J, Sutherland JM, Asch SM, Kroenke K. Development and initial validation of the PEG, a three-item scale assessing pain intensity and interference. J Gen Intern Med. 2009 Jun;24(6):733-8. doi: 10.1007/s11606-009-0981-1. Epub 2009 May 6. PMID: 19418100; PMCID: PMC2686775.
2. Fatigue Symptom Inventory
Hann, D. M., Jacobsen, P. B., Azzarello, L. M., Martin, S. C., Curran, S. L., Fields, K. K., Greenberg, H., & Lyman, G. (1998). Measurement of fatigue in cancer patients: Development and validation of the Fatigue Symptom Inventory. Quality of Life Research, 7, 301-310.