Clinical Journey
Awakening the Dreamer

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Scleroderma and Symptoms

Scleroderma, also known as systemic sclerosis, is a disease that affects the skin and other organs. It is characterized by hardening and tightening of the skin, caused by the deposition of collagen and other proteins under the skin. This can lead to thickening and tightening of the skin, as well as scarring.

Some of the common symptoms of scleroderma include:

1. Skin changes:
   - Thickening and tightening of the skin
   - Skin that feels like it is tight or tightens up
   - Skin that looks shiny or smooth
   - Skin that is brittle or breaks easily
   - Skin that is dry

2. Digestive problems:
   - Heartburn
   - Peptic ulcers
   - Diabetes
   - Inflammation of the stomach
   - Reduced appetite

3. Respiratory problems:
   - Shortness of breath
   - Fatigue
   - Swelling of the extremities

4. Kidney problems:
   - High blood pressure
   - Protein in the urine
   - Kidney failure

5. Cardiovascular problems:
   - Reduced blood flow to the extremities
   - Heart failure
   - Stroke

6. Musculoskeletal problems:
   - Joint pain
   - Muscle weakness
   - Muscle stiffness

7. Other symptoms:
   - Raynaud's phenomenon
   - Joint swelling
   - Swelling of the neck

It is important to note that the symptoms of scleroderma can vary from person to person and can range from mild to severe. If you experience any of the symptoms listed above, it is important to seek medical attention as soon as possible.
Patients' Symptoms, Patience...
patterns. Symptoms. Patience...
I asked Laura what she was dreaming about, but she only said, "I'm sleeping."

Laura: "You're not really sleeping. You're dreaming."

I: "Dreaming about what?"

Laura: "Things that happened in my life."

I: "Like what?"

Laura: "Like when I was a little girl."

I: "What did you like about being a little girl?"

Laura: "I liked playing with dolls."

I: "What were your favorite dolls?"

Laura: "The Barbie dolls."

I: "What did you do with the Barbie dolls?"

Laura: "I pretended they were my friends."

I: "And what did you pretend to do with them?"

Laura: "I pretended to take them to the movies."

I: "And did you have a favorite movie?"

Laura: "Yes, I liked 'The Wizard of Oz.'"

I: "What did you like about it?"

Laura: "Everything! The colors, the songs, the characters."

I: "And did you ever want to be Dorothy?"

Laura: "Yes, I always wanted to be Dorothy."
Eating Disorders

Chapter 6

Patterns, Symptoms, and Disease
Symptoms, Initial Warning, and Early Diagnosis

What is being described is a scenario where certain symptoms are present. It suggests that these symptoms may indicate the presence of a disorder or illness. The key points in this scenario are:

1. **Symptoms Present:** The text mentions various symptoms such as a sense of unease, difficulty concentrating, and irritability. These symptoms are often associated with mental health issues.
2. **Initial Warning:** The text indicates that these symptoms are early warning signs that something might be wrong.
3. **Early Diagnosis:** It is emphasized that early intervention is crucial to prevent the condition from worsening.

The text encourages individuals to be aware of these symptoms and seek professional help if they experience them. It highlights the importance of mental health awareness and the role of early intervention in mental health management.
Patients' Supportive Patientcare

When the patient, despite the best of medical or nursing care, becomes moribund, the time has come for the patient and the family to consider how best they can lend assistance to the physician and to the hospital in the management of the patient. The patient's suffering and anxiety, the family's grief and guilt, the patient's loss of dignity, the tension of the family's uncertainty, the physical discomfort of the patient, the emotional pain of the family—these must all be considered in the management of the dying patient.

The patient's suffering and anxiety must be alleviated. The patient's loss of dignity must be prevented. The family's grief and guilt must be alleviated. The patient's physical discomfort must be relieved. The family's uncertainty must be resolved.

This involves a great deal of patience, of understanding, of compassion, of love. It involves a great deal of compassion for the patient, for the family, for the physician, for the hospital.

It involves a great deal of self-sacrifice, of selflessness, of dedication. It involves a great deal of dedication to the patient, to the family, to the physician, to the hospital.

It involves a great deal of sacrifice, of self-discipline, of determination. It involves a great deal of determination to the patient, to the family, to the physician, to the hospital.

It involves a great deal of support, of encouragement, of comfort. It involves a great deal of comfort to the patient, to the family, to the physician, to the hospital.

It involves a great deal of patience, of understanding, of compassion, of love. It involves a great deal of compassion for the patient, for the family, for the physician, for the hospital.

It involves a great deal of support, of encouragement, of comfort. It involves a great deal of comfort to the patient, to the family, to the physician, to the hospital.
Pills are prescribed for the patient's pain, but the patient may not take them as prescribed. It is important to discuss the patient's adherence to the treatment plan and to address any concerns about the treatment. If the patient is not taking the medication as prescribed, it may be necessary to adjust the treatment plan or seek additional support. It is also important to monitor the patient's response to the treatment and to address any side effects or adverse reactions. By working closely with the patient and their healthcare team, it is possible to improve the patient's pain and quality of life.
CHAPTER 10

PATIENT'S SYMPTOMS, PATIENCE

When treating a patient with symptom-based strategies, it's crucial to understand the patient's experience of their condition. The focus on symptom relief can sometimes lead to overlooking other aspects of the patient's life. Understanding the patient's overall well-being is essential for providing comprehensive care. Sometimes, patients may feel more comfortable discussing their symptoms in a certain context, such as during a consultation with a healthcare provider. It's important to create a supportive environment that encourages open communication.

The role of the healthcare provider is to assess the patient's symptoms and provide appropriate interventions. This includes understanding the patient's perspective and working collaboratively to develop a treatment plan. Communication is key in this process, as it allows healthcare providers to tailor their approach to meet the patient's needs and preferences.

In addition to symptom-based strategies, it's also important to consider the patient's overall health and well-being. This may include addressing other health concerns, managing stress, and promoting healthy lifestyle choices. By taking a holistic approach, healthcare providers can better support their patients and improve their outcomes.

Remember, the goal of symptom-based strategies is to help patients manage their symptoms effectively. However, it's important to recognize that these strategies may not address the underlying causes of the patient's symptoms. Therefore, it's crucial to evaluate the effectiveness of these strategies and consider alternative approaches as needed.

Ultimately, the success of symptom-based strategies depends on the individual patient's needs and preferences. By working closely with patients and involving them in the decision-making process, healthcare providers can develop effective treatment plans that meet the unique needs of each patient.