

**Case Study – Family Member with Alzheimer’s Disease**

Name

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In the offered case study, the situation of Mark and Jacqueline have been married for 30 years and have grown children living in another state. Jacqueline's mother, who has Alzheimer's disease, now lives with them. As an only child, Jacqueline had promised to care for her mother. Her mother often calls out for Jacqueline even when she is present, causing Jacqueline significant emotional distress. Jacqueline's caregiving responsibilities prevent her from visiting her children, socializing, or engaging in leisure activities with Mark. She often goes to bed with tasks unfinished, struggles to sleep, and finds it impossible to plan for holidays. Her mother's unpredictable behavior also discourages visits from friends. In the following case analysis, I aim to discuss the steps to help Jacqueline change her unfortunate situation for the better because the threat of caregiver burnout is of high concern here.

#### **Question 1**

How do you think this situation reflects Jacqueline's sense of role performance?

Jacqueline's sense of role performance is deeply influenced by her commitment to her promise to care for her mother. Her role as a caregiver has overtaken other aspects of her life, such as being a wife, mother, friend, and individual with her own needs. The situation is a huge concern because of the very likely caregiver burnout (Barker, 2023). Jacqueline will most likely find her in a very difficult situation after a while where her children will feel neglected and subside communication with her, and her relations with her husband can worsen because of the lack of quality time spent together (Bernstein et al., 2019).

Jacqueline feels obligated to prioritize her mother's care, leading to a significant reduction in leisure activities, social interactions, and time spent with her husband. Jacqueline's inability to delegate or seek help may stem from a strong sense of duty and guilt, feeling that she must fulfill her promise at the expense of her well-being (Barker, 2023). This intense dedication

shows her struggle to balance caregiving with her other roles, leading to stress and potential burnout.

### **Question 2**

How do you think that Jacqueline may be contributing to her own health? Jacqueline may be contributing to her own health issues by neglecting self-care and not seeking adequate support. Her reluctance to take breaks or engage in leisure activities leads to physical and emotional exhaustion (Barker, 2023). The constant stress and lack of sleep are likely compromising her immune system, metabolic health, neurologic system, cardiovascular system, mental health, and overall well-being. By not asking for help or utilizing respite care services, Jacqueline is isolating herself, which can lead to feelings of loneliness and depression (Tracy & O'Grady, 2023). This self-imposed isolation and the overwhelming responsibility of caregiving can exacerbate her stress levels, increasing the risk of developing chronic health conditions. Jacqueline's focus on her mother's needs to the exclusion of her own health is unsustainable and detrimental in the long run.

## References

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