

Graciela Gris Scenario

Graciela Gris

Your life:

- You have had Multiple Sclerosis (MS) for about 10 years. On good days, you can move around your apartment pretty well. On bad days, you can barely move without help from your home health providers.
- You receive services from both a Home Health Agency and Personal Care Worker Agency.
- You used to own and operate a clothing store and it is very important to you to remain independent. You live in an independent living complex.
- You have no children and no close connections with family, but you do have friends who visit regularly. Your friends call you Gracie.

You value:

- Improving your strength and mobility with daily exercises
- Keeping a positive attitude
- Fighting this disease

You appear in Scene Two

Summary of the Scenario

Graciela Gris is a 60-year-old woman with Multiple Sclerosis (MS). Her ability to move is compromised. She lives alone and receives assistance from two home health service agencies. Some days, both the personal care worker and home health aide are at Graciela's home at the same time. This occurs when Peggy, the personal care worker, comes in for about 30 minutes to assist with cares. Two people are needed to transfer Graciela to the bathtub. Peggy has noticed that Halle, the home health aide, seems to lack patience with Graciela and her inability to move quickly. Peggy suspects that some care basics have been neglected, like assisting Graciela with her stretching exercises. She also suspects that Halle does not always make sure Graciela has taken her medication. She always seems to be in a rush when she is working with Graciela.

Lives

- **Graciela Gris**, a patient with Multiple Sclerosis
- **Peggy Collins**, a personal care worker for Silver Lake Cares
- **Halle Hart**, a home health aide for Healthy at Home
- **Nicolas Vecino**, Graciela's next door neighbor
- **Sierra Smith**, Peggy's supervisor
- **Marty Fisher**, Halle's supervisor
- **Sally Worth**, Silver Lake Cares social worker
- **Destiny Mirar**, Documentation Specialist

Who is in each Scene

- **Scene One** (on Blue paper): Peggy and Nicolas
- **Scene Two** (Green): Peggy, Graciela, and Halle
- **Scene Three** (Yellow): Peggy, Sierra, and Sally
- **Scene Four** (Pink): Peggy, Halle, Sierra, Marty, and Sally

Graciela Gris, age 60

Starter page

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- Fighting this disease

Props: Wheelchair, pillow, newspaper, pill bottles

Scenes you are in: Two (Green)

Warm-Up

Graciela and Nicolas:

- Nicolas can talk about how nice the small party at Graciela's was over the weekend.
- Graciela talks about how kind it was that friends came and brought dinner, and everyone relaxed and enjoyed each other's company. It almost felt like old times when you ran the clothing store and people always stopped by for dinner.

Peggy, Sierra, Sally, and Destiny:

- Your usual Monday morning staff meeting is about to begin. Check in with your coworkers on what they did over the weekend. Did you go to the movies, go watch your kid's ball game or just relax after a hard week?

Halle and Marty:

- You are both on the committee to plan the agency's summer picnic. Talk about what you need to plan: events, prizes, awards ceremony, food, beverages, location, etc.

Scene Two: Green

Time: 1:10pm Monday

Participants: Graciela, Peggy, and Halle

Peggy: *knocks* Hi Graciela—it's me Peggy. May I come in?

Graciela: Yes, Peggy, please do.

Peggy: How are you feeling today?

Graciela: Oh, I'm having one of those days. I am feeling a little sick because of that shot I got yesterday, and I've got a terrible headache. On top of that I can barely move.

Peggy: I'm so sorry, Graciela. Can I get you something to drink or a pillow for your back?

Graciela: Yes, Peggy, a pillow would be nice.

Peggy: *places pillow behind her back* Here you are. How's that?

Graciela: That's good. Thank you.

Peggy: Where is Halle? Has she already been here?

Graciela: Not yet. She's been late a couple of times this week. I'm sure she's very busy.

Peggy: It looks like you haven't had your pain medication yet today.

Graciela: No, I don't think I have. I forget sometimes, and I don't want to take too much. Halle will give it to me when she gets here. I hope it's soon. I'm pretty uncomfortable.

Halle knocks.

Graciela: That must be her now. Halle?

Peggy: Going to the door. Hi, Halle. How are you?

Halle: Hello. Well, frankly I'm too busy today! Graciela, we better get you cleaned up, huh?

Graciela: Hello, Halle. Yes, I suppose so.

Halle: Well come on, let's get her going, Peggy.

Peggy: Right. Are we ready to lift Graciela to her wheelchair?

Halle: Yep. Come on Graciela, we need you to get moving!

Do not actually lift Graciela. As you pretend to lift her, Graciela moves to the wheelchair on her own.

Graciela: Can I please have my pain meds before my bath? I don't like to complain, but I'm worried about handling the pain.

Halle: I may be in a hurry, but you'll still get your meds, Graciela. It's my job, and I'll take care of it.

Graciela: I know you will, Halle. I'm just worried about my pain when I can't manage my meds on my own.

Halle gives Graciela her meds.

Peggy: I'm not the expert on Graciela's medication. I might misunderstand what should be happening. Is there anything I can do to help you with Graciela, Halle?

Halle: I need to get to another appointment at 2:30. I'm late because the agency has me booked so tight. Each patient needs more time and attention than I have to spare.

Peggy: I'm willing to do what I can to help both of you. I want to make sure that Graciela is taken care of.

Halle: I just get so stressed out when I have too many patients. And I really don't have time to help Graciela with her exercises today either.

Graciela Gris, Individualized Care Plan

(excerpted)

Diagnosis:

- Secondary- progressive Multiple Sclerosis (MS)
- Muscle weakness in arms and legs
- Increasing problems with movement, walking, standing
- MS-affected coordination and balance issues

Medications:

- Avonex injection once a week. Side effects include: nausea and other flu-like symptoms (fatigue, chills, fever, muscle aches, and sweating)
- 2 Aleve pills each morning given 30 minutes before getting out of bed

Exercise:

- Stretching exercises daily

Nutrition:

- After her injection, Graciela often will only be able to eat soup and light foods
- No dietary restrictions

Safety:

- Graciela requires a two-person transfer
- She requires assistance with personal cares