The Zebra is Gray: Living and Thriving with Rare and Chronic Medical Illness

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Agenda

Trauma and Chronic Medical Illness
Trauma and Stress
What Can We Do: Strategies
Trauma and Chronic Medical Illness
The Trauma of Being Sick

• Physical effects of diagnosis
  • E.g., Pain/Chronic Pain, insomnia, GI sx, brain fog, fatigue

• Physical effects of medications
  • E.g., energy changes, weight changes, fatigue, other medical issues, feeling “not like self”

• Emotional effects of illness
  • E.g., Depression, anxiety, panic

• Stress 2/2 interaction with healthcare system
  • E.g., Minimizing of patient experience, not accessing adequate care, gaslighting
  • Start with believing patients*
What is Trauma?

Which one(s) describe your experience?

- A deeply distressing or disturbing experience
- A serious injury or shock to the body, as from violence or an accident
- An emotional wound or shock that creates substantial, lasting damage to the psychological development of a person
- Individual may be a witness or a victim
- How we experience an event v. the event itself (Mead, 2018)
- Results from an event, series of events, or set of circumstances experienced by an individual as physically or emotionally harmful or threatening, and that has lasting and adverse effects on the individual’s functioning and physical, social, emotional or spiritual well-being. In sum, trauma is the sum of the event, the experience, and the effect. (SAHMSA)
Important Trauma Concepts

- Homeostasis
- Fight, flight, freeze, fawn
- Hyperarousal v numbness/depression (mouse in the maze)
  - Miller-Karas, Trauma First Aide
  - Both responses are about trying to restore safety/homeostasis
  - Neurons that fire together, wire together
  - Emotions are data
  - Epigenetics, neuroplasticity

- Emotions are data
- Epigenetics, neuroplasticity
Common symptoms following trauma exposure

<table>
<thead>
<tr>
<th>Physical</th>
<th>Cognitive/Mental</th>
<th>Emotional</th>
<th>Behavioral</th>
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</thead>
<tbody>
<tr>
<td>● Chills</td>
<td>● Blaming someone</td>
<td>● Agitation</td>
<td>● Increased alcohol consumption</td>
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<td>● Difficulty breathing</td>
<td>● Change in alertness</td>
<td>● Anxiety</td>
<td>● Antisocial acts</td>
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<td>● Dizziness</td>
<td>● Confusion</td>
<td>● Apprehension</td>
<td>● Change in activity</td>
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<td>● Elevated blood pressure</td>
<td>● Hyper-vigilance</td>
<td>● Denial</td>
<td>● Change in communication</td>
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<td>● Fainting</td>
<td>● Increased or decreased awareness of surroundings</td>
<td>● Depression</td>
<td>● Change in sexual functioning</td>
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<td>● Fatigue</td>
<td>● Intrusive images</td>
<td>● Emotional shock</td>
<td>● Change in speech pattern</td>
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<td>● Grinding teeth</td>
<td>● Memory problems</td>
<td>● Fear</td>
<td>● Emotional outbursts</td>
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<tr>
<td>● Headaches</td>
<td>● Nightmares</td>
<td>● Feeling overwhelmed</td>
<td>● Inability to rest</td>
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<tr>
<td>● Muscle tremors</td>
<td>● Poor abstract thinking</td>
<td>● Grief</td>
<td>● Change in appetite</td>
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<tr>
<td>● Nausea</td>
<td>● Poor attention</td>
<td>● Guilt</td>
<td>● Pacing</td>
</tr>
<tr>
<td>● Pain</td>
<td>● Poor concentration</td>
<td>● Inappropriate emotional response</td>
<td>● Startle reflex intensified</td>
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<tr>
<td>● Profuse sweating</td>
<td>● Poor decision-making</td>
<td>● Irritability</td>
<td>● Suspiciousness</td>
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<tr>
<td>● Rapid heart rate</td>
<td>● Poor problem solving</td>
<td>● Loss of emotional control</td>
<td>● Social withdrawal</td>
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<td>● Twitches</td>
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Acute stress v. post-traumatic stress

Acute Stress Disorder (ASD)

- Stress occurs within 1 month of initial trauma
- Duration: 2 days to 1 month
- Symptoms include:
  - 1 reexperiencing sx
  - Marked avoidance
  - Marked anxiety
  - Evidence of significant impairment
- ASD considered a predictor of PTSD, although not a precursor (APA, 1994)

Post-Traumatic Stress Disorder (PTSD)

- Stress can occur from 1 month to several years after initial trauma
- Duration: from 1 month
- Symptom types include:
  - Intrusion
  - Avoidance
  - Cognitive & mood changes
  - Arousal & reactivity changes
Case example: post-traumatic stress and cancer (Jane)

- Jane was diagnosed with metastatic breast cancer at age 64. She had previously been treated for BC 3 years prior. She was referred to a health psychologist for symptoms of depression and anxiety. Upon evaluation, she endorsed experiencing significant anxiety intrusive memories of her previous experiences when entering the hospital for chemotherapy. Because of this, she would arrive late for her appointments or sometimes cancel or reschedule at the last minute. She declined information for a support group because “other people’s stories make me anxious.” She further identified persistent decreased mood, motivation, difficulties with sleep and concentration, and hyper-awareness of somatic sensations.
Trauma and Stress
How Does Stress Impact Our Bodies?

- Inflammation
  - Increases cortisol
    - suppresses non-essential functions eg immune response, digestion
    - Increases glucose production (boosts energy to large muscles)
    - Decreases insulin
    - Narrows arteries (raises blood pressure, harder to pump blood to extremities in order to protect core organs)
  - Increases adrenaline (to increase heart and respiratory rate, send more oxygen to large muscles)
  - Decreases lymphocytes (white blood cells that fight infection/part of immune system)
  - Increases pro-inflammatory cytokines (become upregulated/part of normal response when stress is chronic)-creates regular low-levels of inflammation in body (depression, fatigue, decreased enjoyment)
How Does Stress Impact Our Bodies?

- Neurotransmitters = chemicals that carry messages from nerve cells to other cells, usually to increase or decrease certain actions
- Increased cortisol can deplete
  - Serotonin: affects mood, learning, appetite, sleep, impulse control
  - Dopamine: affects energy, motivation
- Epinephrine: affects heart rate, breathing, energy
- Adrenaline: heart rate, blood flow, heightened awareness
How Does Stress Impact Our Bodies?

- Sleep Stages/alpha waves
- Neuroplasticity
- PNI

- Distress v Eustress
What Can We Do: Strategies
What Can We Do to Minimize the impact of Stress on Our Bodies?

- Sleep
- Breathe
- PMR
- Ground
- Mindfulness
- Visualization
- Diet/Movement (not today)
What Can We Do: Sleep

- Strategies:
  - Sleep hygiene
  - Sleep quotient
What Can We Do: Breathe

• Strategies:
  • Mindful breathing
  • Diaphragmatic
  • 4 square
What Can We Do: Muscle Relaxation

• Strategies:
  • Progressive muscle relaxation
  • Shortcuts
  • Paradoxical technique
What Can We Do: Grounding

- How does grounding sleep improve stress indicators?
- Strategies:
  - 5 senses exercise
What Can We Do: Mindfulness

- Mindfulness: success = process, not outcome (i.e., increased awareness of monkey mind, not mythical calm state)
- Strategies:
  - Breathing
  - Walking*
  - Eating – raisin/Hershey kisses*
What Can We Do: Visualization

• Strategies:
  • My river visualization
Why Do These Strategies Work?

- Present moment
- Being in body in positive ways
- Disconnect from thoughts/emotions and focus on physical ways to reduce stress
- Address the chemical contributors to stress
- Move away from instinct to “fix” feelings or thoughts focusing elsewhere
Resilience and self-care are skills

Types of Self-Care: It’s Not Just Bubble Baths
“Successful coping is not something that can be achieved outright, once and for all. Patients and families, and, what is more, practitioners, too, struggle to cope on a daily basis. We cope well on Tuesday, badly on Wednesday morning, better Wednesday afternoon, better still on Thursday, worse again Friday morning, and so on…To meet one day with defeat, the next with hope, the great adversity of chronic illness with its many losses and threats surely is a moral lesson that can keep even the most indocile of us from despair.” (Kleinman)
MENTAL WELLBEING

WELCOME

DIGNITY AND LIFE CHOICES

LOVE AND RESPECT FOR SELF

A SENSE OF COMMUNITY

COMMUNITY ACHIEVEMENT OF THE EFFECTS OF CHILDHOOD NEGLECT, TRAUMA, ABUSE

FREEDOM FROM STATELESSNESS, WAR, TORTURE AND VIOLENCE

SECURE HOUSING, A DECENT INCOME AND FREEDOM FROM DISCRIMINATION.

I'M REALLY WORRIED DOC. I'M BEGINNING TO FEEL QUITE GOOD ABOUT MYSELF!
References


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