

OP48.2

'It's in God's hands...'

Andreia Fernandes

UCSP Anadia III, Anadia, Portugal

Corresponding author: Dr Andreia Fernandes, Health Care Center, Health Care Center, Anadia, Portugal. E-mail: andreiapontofernandes@gmail.com

Introduction: The elderly are especially vulnerable to loneliness by loss of family, friends and the emergence of comorbidities. Loneliness is one of the reasons which make elderly a group of main consumers of consultation in primary care. The family physician is often someone who listens and gives a word of comfort. **Case Description:** The patient is an 80 year-old Caucasian female, widowed, retired, living in their own home. Closest relative was a migrant daughter in Canada.

Background: of dyslipidemia, diabetes and multiple arthrosis. She presented to the facility complaining of asthenia and anorexia. Laboratory tests showed an iron deficiency anemia. It was proposal endoscopy and colonoscopy that she refused. This consultation was followed by 21 more in the space of two years. Multiple query reasons, but keeping asthenia, with progressive worsening of iron deficiency anemia. She was treated with iron and folic acid, always refusing the study of digestive tract arguing 'it's in God's hands...' One day the patient went to the emergency room with nausea and vomiting and it was diagnosed a stenosing neoplasm of the colon requiring colostomy. At the hospital leaving day there was no family to support her. The only daughter of the patient refused to provide any support. The whole process of integration of the patient in a unit of long-term care, where she is now, was the family doctor who arranged.

Discussion: With this clinical case, the author seeks to portray the severe dropout problem older people face. This is no doubt the reality of the community where we are inserted, where health professionals are sometimes the only company and support they have left.