

MEDICAL MYSTERY | Hayden Romero

Use this document to help you follow along through all of the modules. You will need a writing utensil to fill out the charts below as you complete each section.

Module One: Meet Hayden Romero

- What information in the passage above can help you figure out what is wrong with Hayden?
- What symptoms did Hayden describe having?
- If you were Hayden's doctor, what questions would you ask to help figure it out?

Hayden's symptoms:	Questions?
Rapid heart rate	Examples: <ul style="list-style-type: none">- Have you been around anyone who has the flu?- Have you ever felt these symptoms before?- How long have you felt these symptoms?- Do you feel like you have a fever?- What is going on in your life currently, any big changes?
changes in appetite/nausea	
changes in sleep schedule	
Sweaty hands	
Any flu-like symptoms	

Module Two: Doctor's Notes

- What are some interesting things that the doctor wrote down?
- Create a chart (below) comparing the two issues that the doctor suggested a specialist might help:
- Looking at all of his symptoms, which of the two specialists-- A therapist or a GI doctor-- do you think Hayden would benefit more from?

Signs it might be a mental health related illness:	Signs it might be related to a GI issue:
-Rapid heart rate	-Nausea
-Life changes happening currently	-changes in appetite
-Trouble eating & sleeping	
-All tests were negative for infections	

Module Three (PART A): Getting A Diagnosis

- What issues might Hayden be having that a psychiatrist could address?
- What questions would you ask Hayden if you were the psychiatrist?

Hayden is starting a new school, which might be causing him stress. The psychiatrist could talk with him about these life changes and figure out if that is what is causing his symptoms. If I were the psychiatrist, I would ask Hayden about his current stress level. I would also ask if his symptoms seem to get better or worse in different situations or after talking with somebody.

Module Three (PART B): Getting A Diagnosis

- What was Hayden Romero’s official diagnosis: Generalized anxiety disorder
- 1 in 5 people ages 13 to 18 will suffer from an anxiety disorder. **TRUE** **FALSE**
- People often think they have something wrong with their physical body, like the flu, when they start to feel the symptoms of generalized anxiety disorder.
TRUE
FALSE

- What were the two recommendations that Dr. Reynolds gave to Hayden as to best treat his disorder?
The doctor instructed Hayden to start taking a medication and to come back to see her at least once every two weeks in order to start feeling better.

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Module Four: Working Through the Diagnosis

- Even if you’ve never been diagnosed with any anxiety related disorders, everyone deals with stress and anxiety over their lifetime. What safe spaces are you able to use that help you cope? If you can’t think of any, what are some you’d like to start?

Answers will vary

