

Patient Success Profile

Name: Nasir Hussein

Age: 56

Program:
Social Work

Referred by:
Dr. Qudisyah Bhayat, *TJ Medical Associates*

Clinician:
Fatima Soares, *Social Worker*

Nasir Hussein was a teacher in Ethiopia before immigrating to Canada and settling in Edmonton seven years ago. He was diagnosed with Parkinson's disease in early 2013, and also has high cholesterol and diabetes. Since attending Edmonton North Primary Care Network, Nasir has found ways to manage pain and stay active. He aims to walk 40 minutes a day to help with joint pain in his leg.



Fatima Soares, *Social Worker*

Why did your doctor refer you to the PCN?

I started getting confused and would sometimes forget where I was. It wasn't until my mouth started shaking uncontrollably that I told to my doctor and was sent for testing. After being diagnosed, I needed someone to help me and listen to me. My doctor referred me to Edmonton North PCN to learn some strategies for dealing with the challenges I was encountering due to my illness.

What did you like about the program?

They were always available to help me. If Fatima wasn't able to see me, she would direct me to someone else. I could come in and get help with filling out forms, like AISH and CPP. The staff is very friendly; you don't feel they are too tired or too busy for you.

How did the PCN help you?

The PCN gave me access to the right people. Fatima assisted me with filling out forms for social assistance, and helped me find the right programs. Her advice to keep the government up to date on my situation helped me to receive the financial assistance I need. I was encouraged to follow my doctors' instructions and keep in regular contact with my family doctor. My wife came with me to my appointments and they helped us to manage the disease together.

How has the PCN impacted your daily life?

I'm not as worried about doing things and know the steps to take if I need help. Before, I couldn't go out alone and now I can. Fatima advised me to take things slow and coached me on how to handle certain social situations. I have things in order in my home now and I don't feel as anxious as I did before. Though shakiness in my hand, leg and mouth is still a challenge, taking medication every day has helped.

What advice would you give to someone thinking of going to the PCN?

This is one of the best ways to overcome health problems, especially matters of the mind. When you have a health problem, it can make you nervous, and is very, very difficult for you and your family to deal with. The PCN provided me with someone who listens to how I feel and gives me the support I need.

Is there anything else you would like to say about your experience with the PCN?

Not everyone knows how to find the help they need; it is very useful to have somewhere reliable to go to receive healthcare assistance and direction, like the PCN.

Your doctor. Your team. Here for your health.