

## **Additional case studies**

### **Chapter 11**

How would you treat each of the following clients? Prepare a treatment plan. What carrier and essential oils would you use/not use? State your reasons why. What further advice could you give each client?

#### Client B

Female aged 60.

Client has the following notes taken during consultation.

- Suffers with coeliac disease and is allergic to all wheat products
- Suffers from panic attacks and anxiety.
- Occasional migraines but has not acute pain only visual disturbance.
- Has a little arthritis on her hands.
- Has an under active thyroid and has been on medication for 20 years.
- Skin is dry and scaly.
- Drinks excessive amounts of tea.
- Concerned about being overweight, but is not excessively so.

#### Client C

Female client aged 30.

Client has the following notes taken during consultation.

- Has one child conceived through IVF; unable to have further children.
- Menstruation irregular and has been told she is going through an early menopause (is taking HRT).
- Generally happy with no major emotional or other physical problems.
- Works full time and finds it difficult to find time to exercise.

### **Chapter 14**

For each of the following clients write a treatment plan indicating

- what further information you would ask
- what points you may choose to pay more attention to
- how many treatments you would recommend, giving your reasons.

#### Client B

Client B is 11 years old. He has suffered with hay fever and asthma since he was 6. He has a constant stuffy nose and finds it difficult to breathe, especially at night. As a consequence, he is not sleeping well. He uses an inhaler but his mother is unhappy about this. He is small and immature for this age.

Client C

Client C is a male who is 50 years old. He travels a lot as part of his job and works long hours. His feet are very smelly. He admits that he drinks too much coffee and his diet is poor; he often eats while driving. He smokes heavily which he puts down to the stress of his job. He says he feels very low as he is unhappy with his job and spends little time at home. He is not on any medication but his blood pressure has a tendency to be higher than it should and this is being monitored. His doctor has suggested treatment.