

The patient's husband has been working in the construction industry for a long time, but after quitting at age **70**, he started drinking alcohol because he had nothing else to do, she said. He has no friends in the neighborhood with whom he can talk and no specific hobbies. He has always overworked his body through physical labor and had numbness in his hands due to osteoarthritis of the cervical vertebrae, but he has been dealing with numbness and pain because he was told by an orthopedic surgeon that although he has osteoarthritis of the cervical vertebrae, it is not an indication for surgery. The doctor seemed to have told him that there was nothing more to do, so he did not need to come. After emptying a bottle in **three** days, he finally became unable to eat, and his limbs became difficult to move due to his chronic disease, osteoarthritis of the cervical vertebrae. The troubled patient (wife) consulted Doctor **A** and brought her husband to the outpatient clinic.

The first time the patient's husband (**75** years old) came to the hospital, he walked slowly with a cane. When Doctor **A** asked him how he was eating and how his pain was, he replied, "Oh, I'm fine, I'm fine. The skin visible on the patient's upper arms and face was dry, and she was scratching her skin. He also reached under his clothes and scratched his abdomen and lower legs. Powder flies from the skin near the scratch. Blood pressure and pulse are normal, but the skin is dry and scratchy.

Testing for dementia in another room revealed a **single** out of **30**, with date, place, and short-term memory deficits. Blood draws did not reveal any organic cause of dementia, although liver dysfunction was present. A head **CT** also showed generalized brain atrophy, but no cerebral hemorrhage or infarction. We prescribed a moisturizer and asked the outpatient nurse to explain the procedure for applying for long-term care insurance.

**2** At the second outpatient visit, the patient's husband was seen in a wheelchair. The person pushing the wheelchair was their second son. It was the first time I met the second son . The second son was shaved-headed and big, and he said, "I'm really sorry that you have to see both my parents. I'm at the end of my rope, and even if I tell him to stop drinking, we fight, and I don't have time to look for a job. I don't know what to do. What can I do? The patient's husband was suffering not only from cervical spondylosis but also from disuse, and his body was weak and his arms and legs had become very thin. The patient (his wife) prepared his meals, but was not able to provide much physical care. I informed them of the test results and told the **three of** them that the patient's husband was in the condition he was in now due to heavy alcohol consumption, cervical spondylosis, disuse, and dementia. Except for creating an alcohol-free environment, cervical spondylosis, disuse, and dementia were difficult to treat fundamentally, but everyone was afraid that cutting them out of the patient's husband's life would upset the family balance. When Doctor **A** confirmed with the patient and the patient's husband about long-term care insurance, they gave him a look of not having heard of it. The second son shouted, "Why don't you tell me about such an important matter? He was very upset. I told him about the procedure for applying for long-term care insurance and asked him to apply for it on this leg of the trip. My second son let out a loud sigh, but said, "Yes, you're right. I'll do that because I'm busy too and I won't have time to do it until after this". **One** week later, the hospital received the patient's husband's doctor's opinion letter. Doctor **A** realized once again that she had become the attending physician not only for the patient but also for the patient's husband.

**3** The second outpatient visit was also with the second son, the patient, and the patient's husband (in a wheelchair). The second son said that he had introduced long-term care insurance, but his eldest son, a trading company employee in Niigata, divulged to him, "You are the only one who can take care of him, so get a grip. The second son's face showed fatigue and irritation. When Doctor **A** asked the second son if he was resting, he replied, "I know that no matter how much I say to my father, he doesn't understand me, but I get frustrated. My mother also raises her voice when she sees me scolding my father, saying that it can't be helped because he doesn't understand even if I say such things. Sometimes I can't even stand the fact that my father and mother fight all the time," he says. Not only was his wife's own health sacrificed, but his second son was also affected by his life and potential.

**4 On his second visit to the hospital, the second son suddenly burst into tears. He said that after an argument with his parents, he had raised his hand against his father.**

**Divide into groups of Doctor A, Patient, Patient's Husband, and Second Son and imagine their backgrounds and describe them in a Google Slide at**