

The Spurrell Family Part 1: Wavey Spurrell

Wavey Spurrell is a 30-year-old elementary school teacher. She is visiting the clinic today for an initial visit as well as a well woman checkup.

Wavey is originally from St. James, where she lived until she went to Memorial University of Newfoundland. After she obtained her Bachelor of Education, she moved to Alberta for one year to do substitute teaching. She taught elementary school and enjoyed the students and teaching very much. For leisure, she enjoys playing music (piano), jogging and volunteering.

While in Alberta, she met Alan Benoit, a 32-year-old First Nation person from Eagle River, NL. He had been working in Alberta as a labourer, but recently had taken a pipefitting course. They met at a party and hit it off right away. She was more introverted than Alan and they seemed to complement each other well. They dated, were physically attracted to each other, and have been having regular sexual intercourse using condoms.

They returned to Newfoundland together three months ago to live in St. James. Alan is hoping to find work at the foundry in St James but may need to travel to get work in his field. Wavey is presently a substitute teacher in the St. James area and is doing a course in cake decorating at the College of the North Atlantic- St. James Campus in the evenings.

Wavey has been healthy. Her menstrual cycle started when she was 11-years-old and is regular, with one period (5 days long) every 28 days. She has never taken any form of oral contraceptive in the past.

Wavey has had two surgeries. She had her tonsils removed at age 7 years and appendix was removed at age 11 years after she had bad abdominal pain and fever. Her last pap smear was 8 months ago and it was normal.

Some of her family still lives in Clarendville. Her father, Franklin Spurrell, is 61-years-old and her mother is 58-years-old. Her father has had problems with high blood pressure and her mother is a diabetic for which she takes pills. She has three siblings: sister (Cindy), 31-years-old who lives in Ontario; 33-year-old brother (Steven) who lives in Alberta; and a 21-year-old brother, Noah, who lives in Clarendville. Noah is unemployed and is living with their parents. This has caused some concern for Wavey, who always thought of him as her "little baby." She helped raise him and he has not done anything with his life except drink beer and hangs out with his friends. There is a family history of Down Syndrome (her first cousin had a little boy with Down Syndrome). On Wavey's mother's side of the family there are a number of people, who have had

cancer, and on her father's side several individuals had high blood pressure and cholesterol; Wavey did not know any details associated with these issues.

Wavey drinks a glass of wine two or three times a week and has been a social smoker (1/2 pack week) since she was 15 years old.

She is here to see the doctor today for a healthy woman check and to explore her options for birth control

The doctor completes her checkup and talks to Wavey about birth control options, as well as her smoking history. She then counsels her about quitting smoking and the use of folic acid for young women who are in the childbearing years was discussed.