

Student ID:

10191 Foundations for Professional Practice 2

Assessment 1

Episode of Care 1: Lucas

URN: 497382455

Surname: Anderson

Given Name: Lucas

DOB: 12.07.2002

Date & Time

Progress Notes

25.03.2020 1030

Performed a TeleHealth follow-up with Lucas as part of the Winnunga Nimmityjah Aboriginal Health Service to see how he is doing after his last visit to his GP and if he requires any assistance. Lucas shared his situation regarding his life away from his country, effects of the COVID-19 pandemic, and financial issues that he has been facing. The following information was acquired from our discussion:

Presenting problem: Exacerbation of asthma due to bushfire smoke, loneliness in being away from his family and not getting out much due to the COVID-19 pandemic, stress due to loss of job, worry about dwindling finances and expensive medications

Predisposing factors: Moving away from home to study at a foreign university

Precipitating factors: Exposure to bushfire smoke which led to worsening of his asthma symptoms, being locked down due to the COVID-19 pandemic, unemployment

Perpetuating factors: Missing home and family, dwindling financial resources due to loss of job as a result of the COVID-19 pandemic, not getting out much and meeting new friends due to the pandemic

Protective factors: Motivation to study in a foreign university and become a teacher in his own country, received help from Winnunga Nimmityjah Aboriginal Health Service regarding exacerbation of his asthma, positive attitude regarding eating cheap food, possibility of benefiting from food and financial support for students provided by his university

Case relevant cues: Missing home and family, not attending university due to COVID-19 pandemic, loss of job due to COVID-19 pandemic

Nursing diagnosis: Stress – related to being away from family during the COVID-19 pandemic and being unemployed (NANDA-I, 2015)

Priorities of care:

1. Identify and propose telephonic mental health and counseling services available for Aboriginals and Torres Strait Islanders in Australia to help Lucas deal with his stress and loneliness (Dudgeon et al., 2014)
2. Collaborate with Services Australia and identify what policies and programs can be helpful to Lucas during his period of financial stress. Also, check up on the status of his CentreLink payments and ensure that they are cleared immediately (Services Australia, n.d.)

References

Dudgeon, P., Walker, R., Scrine, C., Shepherd, C., Calma, T., & Ring, I. (2014). *Effective strategies to strengthen the mental health and wellbeing of Aboriginal and Torres Strait Islander people* (Issue brief No. 12).

Headspace – National Youth Mental Health Foundation (2020). Psychosocial assessment. Retrieved July 21st, 2020, from Headspace. <https://headspace.org.au/health-professionals/clinicaltoolkit/psychosocial-assessment/>

Johnson, M., Jefferies, D. & Langdon, R. (2010). The Nursing & Midwifery Content Audit Tool: a short nursing documentation audit tool. *Journal of Nursing Management*, (18), p.832-845.

NANDA International. (2014). *Nursing diagnoses: definitions and classifications, 2015-17*. Wiley-Blackwell.

Services Australia. (n.d.). Payments and support for Indigenous Australians. Retrieved September 01, 2020, from <https://www.servicesaustralia.gov.au/individuals/subjects/payments-and-support-for-indigenous-australians>