**UNIT 2 CASE STUDIES**

**Case Study 1 - Carlos**

Carlos is 19 and is studying at a university in the town where he lives. His parents and friends are very concerned about the amount of weight he has lost over the past year. Carlos is unwilling to talk about the situation.

During a lecture, Carlos collapses and is taken to the health centre on the university campus where he is seen by a nurse. She asks him about his weight loss and he discusses the reasons for it with her. His height is 175 cm. He weighs 50kg and his body mass index (BMI) is 16.3.

Carlos attends an appointment with his GP, who refers him to a specialist service for people with eating disorders. The service also provides support to enable people like Carlos to manage their mental health.

During conversations with specialist staff at the service, Carlos reveals that the reason for his weight loss is linked to his fear about telling other people that he is gay.

**Case Study 2 - Salome**

Salome has a profound learning disability. This means that, according to the Department for Health, she has a significantly reduced ability to

* understand new or complex information
* learn new skills
* cope independently.

Some people are born with a learning disability. Other people develop learning disabilities as a result of an accident or illness during childhood or later life.

Salome finds it very difficult to communicate. She has additional sensory needs, physical disabilities and mental ill health. Some of her behaviour is challenging. She sometimes makes her preferences known through her behaviour and her reactions.

Salome needs a wide range of support. This includes help with day-to-day needs, including dressing and toileting. She currently lives with her family and has trained specialist carers. These carers also enable her family to have respite.

Her carers are trying to find ways to enable Salome to be involved in decisions about her needs. They are working on different ways of communicating with her, based on techniques developed by the learning disability charity Mencap in their ‘Involve Me’ project.

**Case Study 3 - Fay**

Fay is 40 and she has been diagnosed with multiple sclerosis. She has two young daughters. When they were first told about Fay’s diagnosis, they were very upset. Recently, however, they have been helping Fay with some of her day-to-day routines.

Multiple sclerosis has a range of symptoms. These include extreme tiredness (fatigue), numbness and tingling, not being able to see clearly, problems with mobility and balance, and muscle weakness.

Fay is finding the Multiple Sclerosis Society a great support. It has given her information about symptoms, how she can manage her condition and how her family can support her.

Fay’s home will be adapted and, in time, she will need respite care.

Following her care assessment, Fay will have a support worker for five afternoons a week.

**Case Study 4 – Drake**

Drake is 80. He was diagnosed with Alzheimer’s, a type of dementia, when he was 75 and he is now at a late stage of the disease. He has an appointment every six months with his gerontologist, a doctor who specialises in illnesses in older people.

Because he is becoming increasingly weak, Drake is almost totally dependent on other people for care. He is currently living in a nursing home.

He has very little memory and is usually unable to recognise familiar objects or surroundings. From time to time, he does recognise people he knows, but usually he does not know who they are. This upsets members of his family.

Drake does not understand what is happening to him. At times, he becomes very angry, especially when he is receiving personal care.

Drake may live for up to another five years, but this depends on how his dementia develops.

**Case Study 5 – Baby Jack**

You are working as a trainee nurse on a local hospital ward. The children on the ward are aged from 0 to 6 years. The children’s ward has been poorly equipped and understaffed. Baby Jack is one of the children on the ward, who has late-onset sepsis. A few weeks ago, a nurse miscalculated the dose of a drug needed to reduce baby Jack’s blood pressure. She gave him 10 times the dose he needed and he became seriously ill.

You think that this hospital ward has not been providing effective care for the babies, young children and their families.