# **S:\Communications\GENERAL APNA\APNA Logo + Wave + Tagline\APNAlogo 400x200.jpgCase Study 2: Sam**-

Sam is a 58 year old male, who was recently diagnosed with Type 2 diabetes. He recently had a stay in hospital after developing an ulcer on his lower leg. He has started taking a tablet once per day and thinks it may to help heal the ulcer but he’s not sure.

Sam has lived with his mother now for the last 2 years, following his divorce. He has one daughter who’s expecting a child, and Sam is looking forward to being grandpa and taking his grandchild to the footy. Sam also enjoys spending times with his mates on weekends, and enjoys a game of pool at the pub, along with a few beers. Sam smokes about a pack a day.

Up until the divorce, Sam was an electrician and had run his own small business for about 20 years. But he sold the business a couple of years ago, due to lots of personal stresses, including the divorce, and now works for a mate, driving trucks.

Sam is mainly worried about the ulcer, in case it affects his ability to work. He thought it would heal up quickly but it continues to cause him trouble. Sam saw the GP today who has told him to see the nurse for a care plan.

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| **Observations** | **Pathology** |
| Weight - 108kg | Triglycerides – 3.4 |
| Waist – 130cm | Cholesterol – 5.9 |
| Height – 165cm | HbA1C – 9.2 |
| BP – 148/90 | PSA 14.4 |
| BMI - 37.4 |  |

### Exercise 1: Preparation

* Have a 5 minute conversation, to introduce yourselves, and talk about the issue that’s brought Sam in to the clinic.
* Discuss what homework would you do before Sam attend appointment?
* Are there any specific concerns that come to mind?
* What added resources would you prepare for Sam’s visit?

### Exercise 2: Meeting the patient

* Based on what was learnt this morning, discuss as a table how you are going to introduce yourself to the patient- Keeping in mind their condition.
* ….Then have a go at introductions! Greet and introduce yourself to Sam. Practice meeting the Sam in two ways:
1. As Louise.
2. Then, applying the morning’s learnings- how we could achieve a better engagement with Sam. Have another practice at meeting Sam.
* One person be the lead nurse and one person the patient. The rest of the table contributes. Make sure you “step into your roles”. Think about how you speak, your tone of voice and words you may choose.

### Exercise 3: Assessment

Key questions:

* By applying adult learning principles to Sam, how would you move forward in your explanations of diabetes management with Sam?
* How would you help Sam to understand the importance of the Type 2 Diabetes diagnosis?
* What is the importance of completing a health assessment for Sam?
* What would you do for reimbursement for your time as Sam does not fit into a HA category? He does not qualify for a MBS health assessment. What do you do?

Exercise:

* Discuss as a group the important elements identified in the case study provided (write down on butchers paper on table)
* Choose a health assessment template to use
* Choose one section of the health assessment template provided.
* Then role play using patient, lead nurse, and back-ups.
* Populate the template.

## Case study continued

The GP has asked Sam to see Louise, the chronic disease nurse, for a care plan and to teach Sam more about his diagnosis. Louise has read Sam’s notes, so is up to date with his history and has reviewed his recent blood results, weight, BP etc. Sam is not too worried about his diabetes diagnosis but is really worried about the ulcer. It’s quite painful and he’s worried it may interfere with his work. Sam’s blood results also show he has a raised PSA, the GP has referred Sam to an Urologist for review.

### Exercise 4: Preparation Care planning consultation

You now made a follow up appointment to do some care planning with Sam.

* What to review prior to the consultation with a patient.
* What can you prepare or consider in advance? (informed consent, interpreter services, documentation considerations)
* What elements do you think should be included in his care plan?
* Would there be any benefit in a care plan or a TCA for him?
* When/do you plan to review the patient again?

### Exercise 5: Care planning appointment

Key questions:

* What elements are important to include in care coordination for Sam?
* What would be included in the care plan?
* What would be Sam’s responsibility in the care plan?

Exercise:

* Step 1 Brainstorm: On butcher’s paper, identify patient concerns, goals and health issues. This includes: Goal setting, objectives, those responsible.
* Step 2: Populate care plan.

### Exercise 6: Action plan development and care pathways

* Identify additional health needs
* Identify referral pathways based on goals.
* Discuss care coordination needs (above care planning)
* What follow up do you recommendations do you make for Sam?