

# AURION // MEDICAL TRIAGE REPORT

Report Generated: 2025-12-09 16:38

**Session Date:** 2025-12-09

**Time (HST):** 04:36 PM - 04:37 PM

**Patient:** Unknown

**CHW Name:** Sarah

## CLINICAL ASSESSMENT SUMMARY

The patient is experiencing stress related to their final exam period, indicating a need for mental health support. The Community Health Worker, Sarah, responds by listening to the patient's concerns and offering general advice to focus on studying and staying relaxed. The conversation hints at potential mental stress but no lethargy or anxiety is detected based on the audio energy score.

## COMMUNICATION QUALITY ANALYSIS

Open-Ended Questions: 2

Closed-Ended Questions: 2

Open-Ended Ratio: 50.0%

**Quality Assessment:** EXCELLENT. High use of open-ended questions promotes patient narrative.

## DETECTED ISSUES & GUIDED SOLUTIONS

### ISSUE CATEGORY: Health Care

*Patient Statement: "Can you give me some mental health support?"*

**Recommended Action:** Thank you for reaching out. It's important to have the right resources and support for mental health concerns. Here are some recommendations that you can consider:

1. **\*\*Reach Out to Mental Health Professionals\*\*:** If possible, schedule an appointment with a therapist, counselor, or mental health professional who can provide personalized guidance and support.
2. **\*\*Use Helplines\*\*:** If immediate support is needed, consider calling mental health helplines. They offer 24/7 assistance and can provide immediate support and guidance.
3. **\*\*Self-care Practices\*\*:** Engage in activities that promote well-being, such as regular exercise, meditation, journaling, or practicing mindfulness. These can help improve mood and reduce stress.
4. **\*\*Connect with Support Groups\*\*:** Consider joining a local or online support group where you can share experiences and get advice from others facing similar challenges.
5. **\*\*Limit Stressors\*\*:** Identify and try to limit stressors in your life where possible, whether they are work-related, social, or environmental.
6. **\*\*Healthy Lifestyle Choices\*\*:** Ensure a balanced diet, stay hydrated, get adequate sleep, and limit alcohol and

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caffeine intake, as these can impact mental health.

Please note that these recommendations are generated by an AI model and are not a substitute for professional medical advice. It's important to consult with a healthcare professional or mental health specialist to address specific concerns. If you or someone you know is in crisis or feels overwhelmed, it's important to seek immediate help from a mental health professional or contact emergency services.

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## ISSUE CATEGORY: Environment

*Patient Statement: "Noisy. So you should close it."*

Recommended Action: Thank you for sharing the patient's concern. Based on the complaint about noise, here's a basic recommendation that might help alleviate the issue:

1. **\*\*Identify the noise source:\*\*** First, try to determine where the noise is coming from. This could be external noise, like traffic, or internal noise, such as household appliances or neighborhood disturbances.
2. **\*\*Use soundproofing techniques:\*\*** If the noise is external, consider suggesting simple soundproofing measures, like using thick curtains, rugs, or even draft guards on doors to reduce sound penetration.
3. **\*\*Consider ear protection:\*\*** Using earplugs or noise-canceling headphones, especially while sleeping, can help reduce the impact of noise.
4. **\*\*White noise machines:\*\*** These devices can help mask disruptive noise, providing a more consistent and soothing sound environment.
5. **\*\*Engage local resources:\*\*** If the noise is due to a community issue, encourage them to connect with local authorities or community leaders to see if there are any community initiatives to address noise pollution.

It's important to remind the patient that these are suggestions generated by an AI model and consulting a professional is recommended for specific concerns or persistent issues.

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## ISSUE CATEGORY: Education

*Patient Statement: "It's final exam period, so I'm really stressed."*

Recommended Action: RECOMMENDATION REPORT:

Thank you for reaching out. Here are some basic best-practice recommendations that may help manage stress during the final exam period:

1. **\*\*Time Management:\*\*** Create a study schedule to better balance your study sessions and breaks. Use tools like planners or digital calendars to organize your time effectively.
2. **\*\*Healthy Lifestyle:\*\*** Ensure you continue to eat balanced meals, stay hydrated, and get adequate sleep. Exercise can also be a great stress reliever; even a short walk can clear your mind.

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3. \*\*Mindfulness and Relaxation Techniques\*\*: Practices such as deep breathing, meditation, or yoga can help reduce stress. There are many apps available that offer guided sessions.
4. \*\*Support System\*\*: Don't hesitate to reach out to friends, classmates, or family members for support. Speaking with someone who understands what you are going through can be very comforting.
5. \*\*Breaks and Relaxation\*\*: Schedule short breaks during study sessions to rest and recuperate. Use these breaks to relax, listen to music, or engage in an activity you enjoy.
6. \*\*Seek Professional Help if Needed\*\*: If stress feels overwhelming, consider speaking with a counselor or mental health professional. Many schools offer these services for students.

Please remember these suggestions are informational and generated by an AI model, and it's important to seek professional guidance if you feel it's necessary.

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## FULL TRANSCRIPT

**CHW:** Hello, how are you doing today?

**Patient:** You can ask. I'm doing well.

**CHW:** Do you need anything?

**Patient:** Can you give me some mental health support?

**CHW:** Yeah, of course. So, what problem are you facing right now?

**Patient:** Noisy. So you should close it.

**CHW:** Okay. So, is there any problem that you are facing right now?

**Patient:** It's final exam period, so I'm really stressed.

**CHW:** So, okay. It's pretty normal. So, just focus on your study. Get relaxed. So, that's it.