

Contemporary Health

Week 1 – Session 2

Activity 1.2.1

This activity is an opportunity for you to contribute to your e-Portfolio and to develop the following competencies:



Scholarship



Systems Thinking

INSTRUCTIONS

- There are 4 Steps to this worksheet.
- Step 1: Read the Case Study provided.
- Step 2: Select a Health Systems Model or Framework, either from Week 1 – Session 2, or from your chosen source. You may also choose to link more than one framework.
- Step 3: Apply this framework to the case study to highlight the health systems dynamics at play within the case study.
- Step 4: Reflect on the usefulness of health systems frameworks.

Step 1: Read the Case Study

Case Study: Intern Dilemma

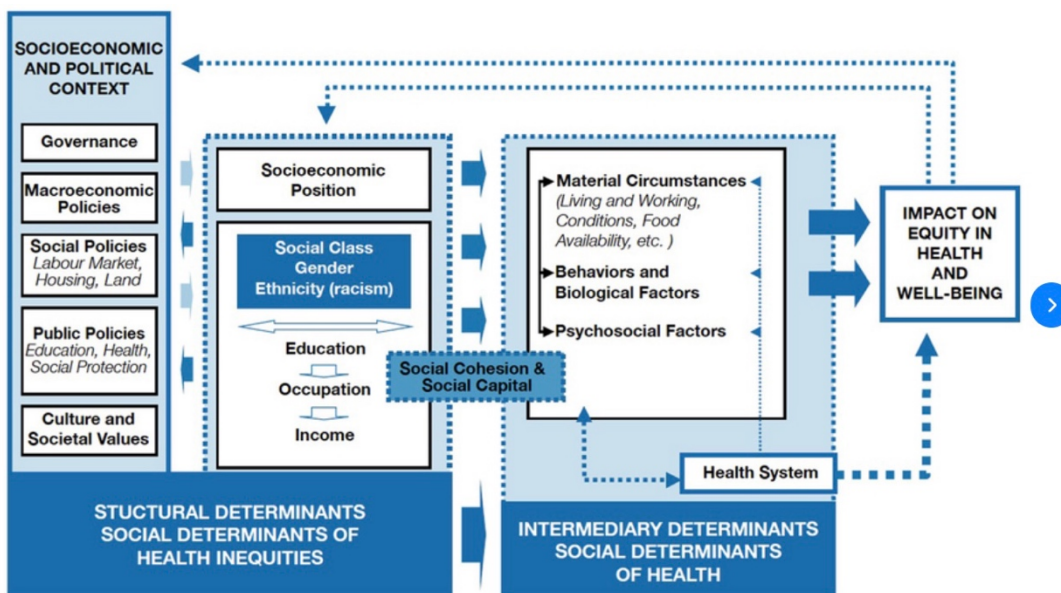
A family medicine intern prepares to discharge from the hospital to home a 71-year-old male patient following a long hospitalisation for new-onset congestive heart failure complicated by acute renal failure. The discharge instructions include six new medications, a low-salt diet, support hose, exercise, and follow-up with a primary care physician in 5 days. She orders a visiting home nurse to go to the house and provide guidance, help administer and monitor medication adherence, check home safety, and measure blood pressure and weight. Unfortunately, the medications are administered on different schedules (once a day in the morning, twice a day, three times a day, once in the evening, etc.), and two of the medications are “off-formulary” and are unaffordable for the patient. In addition, there are no primary care physicians in his area that accept his insurance. The patient lives in a community that is a “food desert” and is unable to get low-salt food. There are no sidewalks, and the visiting home nurses consider his neighbourhood too dangerous to service. The patient quickly deteriorates, and after 4 days he decompensates sufficiently that his family calls 911. An ambulance takes him back to the hospital’s emergency department, and he is admitted to the intensive care unit for a week.

(Skochelak, et al., 2021: 47)

Step 2: Select a Health Systems Framework

Select a framework from [Week 1 – Session 2](#), or choose a framework from your own chosen source. If you like, you can choose to link more than one framework together. In the box below, explain why you have chosen this framework/s:

The health framework that I believe would work best is the Social Determinants of Health (SDOH) framework.



WHO framework of social determinants of health (World Health Organization, 2010, retrieved from [ResearchGate](#)).

The reason I think that this would work best is because the patient is facing various systematic barriers, he is facing a financial barrier, inadequate access to proper healthcare providers, food insecurity, as well as his living conditions are not the best. The SDOH examines how the social, economic and environmental factors impact a patient's health outcome. This health system framework provides a clear and concise outcome of how interconnected factors such as environment, social, and financial barriers impacts the outcome of poor health and patient care.

Additionally I would connect the Health Equity and Ethical Decision-making framework

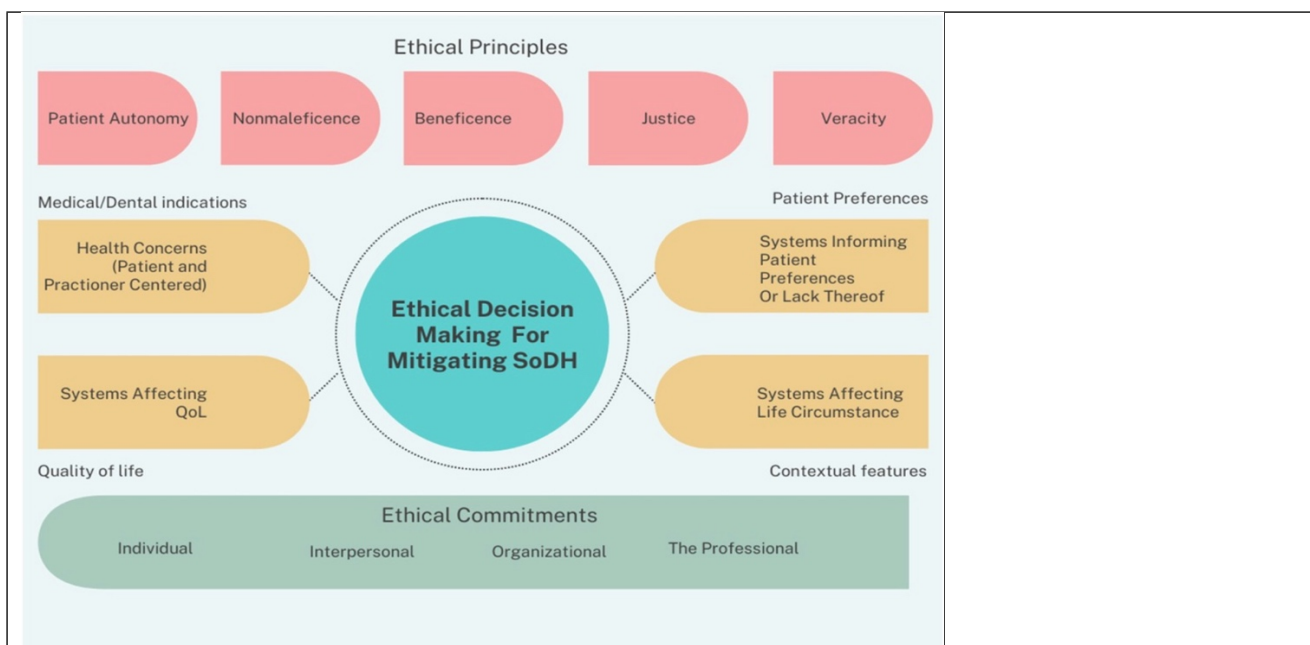


Figure 4. A systems-oriented ethical decision-making framework for mitigating social and structural determinants of health (Smith, 2023, retrieved from [Frontiers in Oral Health](#)).

This framework helps to understand and to analyse how the healthcare system might have failed to help address the patients' needs and what the best strategy might be for the patient and how it was not implemented straight away. This system emphasizes the fairness in healthcare, in the case study the patient was not treated fairly based on the outcomes that he experienced as barriers in his social, economic and environmental factors.

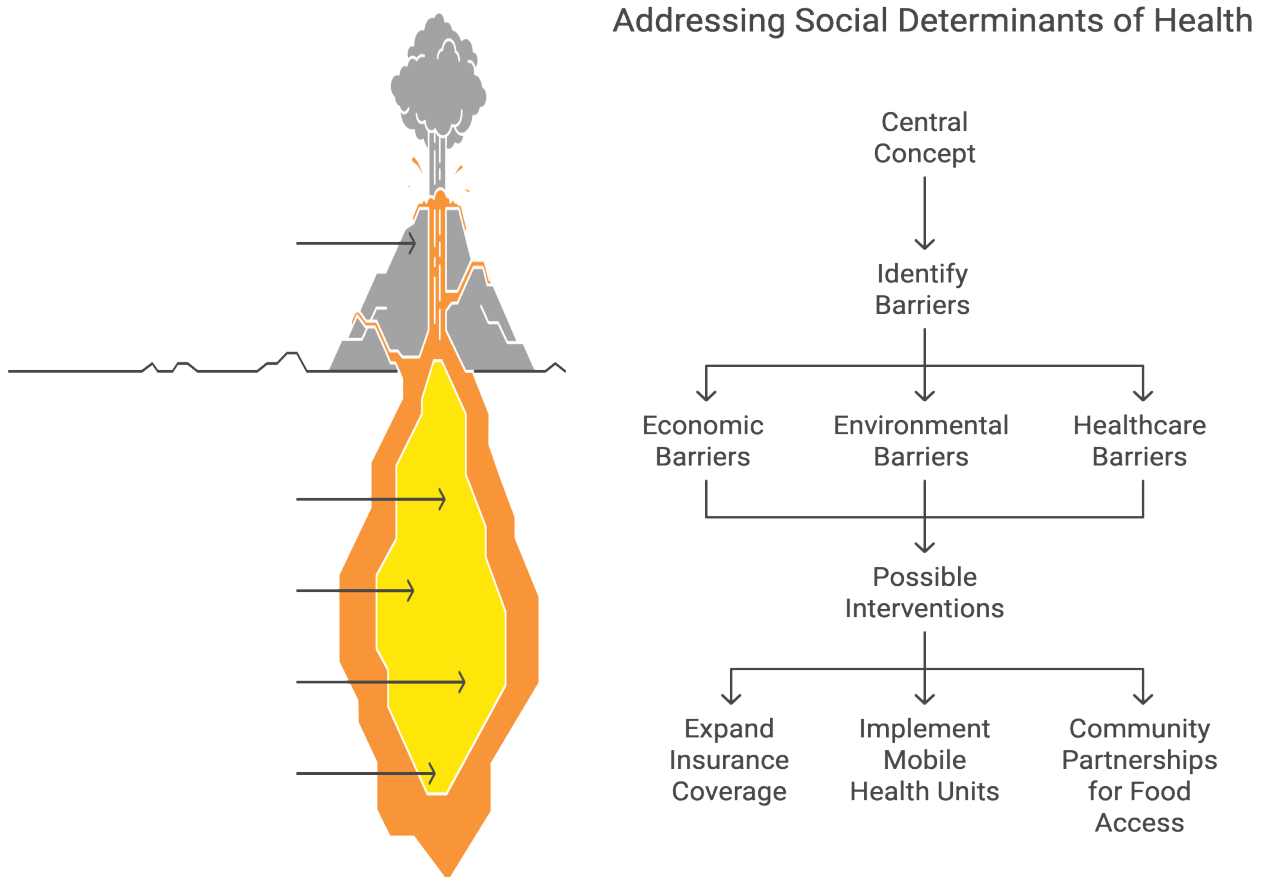
By integrating these two factors together, we are able to grab the evaluation of the health systems that are affecting the outcome of the patient, but we are also considering the ethical obligations of the healthcare professionals such as the family medicine intern and how they navigate challenges in social structures.



Step 3: Apply your framework to the Case Study

On this page, map out your ideas as you apply your chosen framework. You can write or draw, make notes and provide explanations:

1. Social Determinants of Health (SDOH) Framework



2. Health Equity and Ethical Decision-Making Framework



Step 4: Reflection

Consider these questions and provide a response:

- How useful was your chosen framework in mapping out and making sense of the problem provided?
- Did you note any limitations to the framework you chose?
- If applicable, how would you adjust or adapt your framework to address any noted limitations.

Share your ideas below:

1. How useful was your chosen framework in mapping out and making sense of the problem provided?

- The two systems that I integrated were very useful in mapping out the problem and analysing the problem. The SDOH framework helped me to identify the real problems that the patient experienced, and the barriers he had on healthcare. The Ethical Decision-Making Framework provided me with an analysis on the ethical obligations of the healthcare professionals, ensuring that discharge plans should align with the patient's capabilities.

2. Did you note any limitations to the framework you chose?

- Yes, both frameworks have limitations. The SDOH lacks on providing any practical and feedable solutions within the patient's constraints. The ethical Decision-making framework focuses on individual interventions but does not address advocacy for change.

3. If applicable, how would you adjust or adapt your framework to address any noted limitations.

- To address the limitations I would integrate a systems-thinking approach, incorporate a strengths-based perspective, expand ethical considerations.

