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**MEETING THE NEEDS OF SERVICE USERS USING CASE STUDY OF-ARTHUR HIGGINS**

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# Q1) Write an assessment of Arthur Higgins’ care needs now with achievable goals using, and justifying your choices of, appropriate structures and systems of care, exploring your skills in the assessment of those needs.

## Arthur Higgins's care needs

Arthur Higgins is a person in his 60s who was working as a journalist for a long time. He had been an alcoholic for most of his adult life, and he had been referred to a doctor receiving a detection that his uncertainty and recollection of brain loss are Korsakoff’s Syndrome(Mantovani *et al* ., 2020). He had been experiencing unsteadiness and many difficulties in coordination when Arthur Higgins was walking. Therefore, due to this Arthur Higgins is facing a severe problem that is hampering his ability to do the work. The needs which are required for taking care of Arthur Higgins are to give Thiamine intravenously and provide proper nutrition and hydration. Drug therapy is also recommended for Arthur Higgins. Stopping alcohol for Arthur Higgins may cause severe nerve and mental damage. It is very much necessary for Arthur Higgins to start giving thiamine intravenously before the decreasing of nutrients in the body. The needs of Arthur Higgins suffering from Koraskoff syndrome are to administer the treatment of detoxification and withdrawal. Correction of Electrolyte abnormalities and administering the loss of fluids from the body of patients are to be assessed. Patients suffering from this syndrome are required to learn new skills and set a goal to stop drinking alcohol. Patients need the replacement of glucose as well. Patients suffering from this should not be delayed in the correction of hypoglycemia. This might improve the symptoms of Confusion, and difficulties with vision and eye movement had been suggested that extending and not replacing the actual amount of glucose by not taking the help of thiamine stimulants increases the risk of Korsakoff Syndrome. Oral medication is also effectively important for treatment. Prolonged support by the help aftercare programs helps patients recovering from alcohol. Spiritual practice helps patients maintain a long distance from alcoholism. It needs to provide continuous medical treatment for the health conditions suffered by patients for drinking.

## Achievable Goals

**Medium-term**

* To form a good relationship and understanding with the client
* To help Arthur regain weight
* Improve standards of personal hygiene
* To consult and help Arthur deal with difficulty in walking

*Justification*

The choice of medium-term goals is necessary for Arthur to lead a healthy life and prevent the entry of more diseases due to weight loss or poor hygiene. Thus these short-term goals would help Arthur's health to sustain at the current level and prevent the rapid deterioration of his health.

**Medium-term plan**

## Counselling: session plan

Arthur would require at least 8 consultation sessions from members of the Community Mental Health Team which would be carried out in 4 phases.

**Phase 1: Orientation-** This phase would focus on establishing proper relations with Arthur Higgins. This session would help to understand the struggle and experiences of the patient while dealing with Korsakoff syndrome. This would also dwell into the past to help a better understanding of the patient

**Identification phase-** This phase would help the patient identify the key areas of the problem where the social worker would be able to support the patient. This would help in achieving the medium-term goals and long-term goals that have been identified from phase 1. The need for these goals and their importance to Arthur would also be explained in this phase. The need for these goals and their importance to Arthur would also be explained in this phase.

**Working phase-** This phase would expect moist progress for the patient. The patient is provided with basic tools that would be practised by the patient and assess the problem faced by Arthur while implementing and applying the tools and strategies. The diet plan that should be followed by the patient as well as personal hygiene would be discussed with the patient

**Resolution phase-** This phase will set long-term goals for the patient while using the new way of living and support and care that has been implemented into the life of Arthur Higgins using consultancy sessions.

## Dietary plan for weight gain

The diet plan was developed while considering weight gain for an elder who is above 60 years of age and living in Australia to consider the native cuisine and fruits that are easily available in the market. A practised dietitian would be consulted by the social worker for developing a plan tailored to this need. The plan should follow certain criteria

* This diet should provide 7-8 eggs and 3 fish meals a week to the Arthur and other sources of healthy fats which provide a variety of protein-rich food across the day
* The meal should also provide 3.5 servings of dairy items or products per day.
* It should include one serving of green leafy vegetables each day and a variety of coloured vegetables

**Long term**

* Handle Anger management issues
* Develop a System to help Arthur deal with confusion and memory loss
* Rehabilitation of Arthur's

*Justification*

In the long term, the above goals are essential for Arthur to help him be a part of society and also lead a healthy lifestyle. The isolation of Arthur Higgin from society due to the no employment and deteriorating health could be only improved through the long-term goals of Arthur. The anger management would help Arthur establish a healthy relationship with his ex-wife and a positive approach to dealing with the difficulty in walking.

**Long-term plan**

## Rehabilitation plan of a patient suffering from Korsakoff syndrome using 5 stage model

| **Stage** | **Time interval** | **Rehabilitation Intervention** |
| --- | --- | --- |
| Stage I | 7- 14 days | Removal of any source of alcohol from the premise of Arthur Higgins's house |
| Stage II | 3 months | Asses the cognitive and mental capacity of Arthur Higgins dealing with memory loss and difficulty in walking |
| Stage III | 6 months | Development and execution of daily activities for improving memory loss and coordination in walking. Encourage association with relatives and avoid comorbid depression |
| Stage IV | 3 months | Familiarize the patient with the health care system and facilities which may be employed even more in the future |
| Stage V | Life long | Integration and application of the different stages for the rest of life with the help of a social or healthcare worker |

## Assessment of nursing skills for needs analysis

The nursing skills a community work that I have inside me for serving the patients who are being affected by alcoholism are First as community workers the individual is interested in human behaviour. It had the desire to understand what makes individuals attracted to alcohol. Every individual who the community workers are going to treat the alcoholic patients will try to understand and these are the subtle factors that drove the patients to the addiction towards alcohol. The other skill is empathy. Empathy is very important for community workers as it provides a bonding with the other person. It is also an important part of the skills to listen without passing judgment and understanding the patients' experiences although the community workers have no role in them (Credland *et al*., 2021). The third skill is group management where the community workers have to persuade and motivate the patients in such a way that the patients will understand what are the ill effects of having an addiction to alcohol. Community workers need resource navigation which means the community workers need a large amount of time to treat the patients from the trauma of substance abuse (Pueyo-Garrigues *et al*.,2022). Community workers should have compassion. The community workers must have a sense of friendliness, that is, they want to help the patients to overcome their addiction to alcohol. Compassionate feelings create a positive environment around the patients whom you are treating.

# Q2) As the social worker, it is your role to review and make additions to Arthur Higgins’ care plan. What adjustments might you need to make in collaboration with Arthur Higgins in the medium or long term?

## Review of counseling session

The counseling session that has been planned for Arthur is suitable for achieving the medium-term goal for Arthur. However, the identification phase should be given more priority to help the social worker establish a strong bond with Arthur Higgins. The counseling session cold also is carried out using the mobile application to provide more flexibility in the session. This would also take into consideration the memory loss of the patients who could use the application to instantly note and report issues (Abbaspur-Behbahani *et al*., 2022). The identification phase could be made short to make a quick transition into the working phase which should be more elaborate. This phase should elaborate and employ a suitable model to handle the anger issues of the patient. The working phase is also necessary as it supervises and guides the patient while he works and battles the different issues faced by him while suffering from Korsakoff Syndrome. The counselling session should have another phase of analysis that would assess the progress made by Arthur during the working phase.

## Modification and adjustment in consulting session

The counselling session would include a mobile application like Whatsapp or Skype to interact with Arthur through voice messages. This could be done after any major issue in the working of the principle and tools provided that rough the counselling. This would help Arthur tackle memory loss issues. The Big Five personality assessment test would be employed during n the first phase of the counselling to help a better understanding of the personality of Arthur Higgins. The big five is one of the most widely accepted and scientifically validated tests for the assessment of personality (Schutter *et al*., 2020). Another modification that should be made would be to specify a time interval for each phase of the counselling session. The first phase of the session would be continued for a month with 4 sessions each week. The second phase would constitute 2 weeks with a session each week. The third phase of the counselling session would continue for 4-5 months with a session every two weeks. The last phase would constitute 6 months with a session at the end of every month. Arthur Higgins has multiple issues which are hampering their daily lifestyle. He wishes that the counselling session be started as soon as possible to provide immediate help and relief from the stress, depression and anger issues as soon as possible. The frequency or the day of the counselling session would thus be made flexible to the needs of the patient.

## Review of dietary plans

The dietary plan that has been planned for Arthur is suitable for weight gain and specific to the age range of people over 60. This plan has been built upon a balanced diet plan to ensure the basic requirement of Arthur Higgins is met. A balanced diet is beneficial as it ensures that every basic dietary requirement for a person is met (Rath, 2019). This ensures the growth and sustainability of the health of a person then the necessary ingredient for weight gain has been added to ensure that the consumer gains weight within 2-4 months from the beginning of the diet. The plan should also set a specific limit on the amount of weight gain that is ended for the patient as well as the inclusion of a diet during the training for the high protein diet to a normal diet (De Boer and Aiken, 2019). This transition would help to reduce any major inconvenience to the patient and his mood.

This plan does not consider the maximum amount of protein intake for an adult which is necessary to control and manage the weight gain of Arthur Higgin and any health implications.

## Modification or adjustment in dietary plans

It would be required that the dietary plans align with the taste of Arthur Higgin. Thus, suitable s dishes should be included in the diet which aligns with the taste of Arthur and fulfil the basic needs of the dietary plans. The inclusion of a person's taste and cuisine in the diet improves the motivation of the consumer and the effectiveness of the dietary plan (Sookrah *et al*., 2019). This plan is very critical for the patient because of the deteriorating health and weight loss. This should be highly prioritized and planned to minute details such as the specific cuisine and items that would be consumed by Arthur. These are:-

**Breakfast:** Toasted seed bread with peanut butter + a glass of milk. + a piece of local fruit OR oats with half a cup of milk + a piece of local fruit

**Lunch: A** Chicken Salad + a bowl of yoghurt or Grilled Fish & Vegetables + Thinly spread butter on a bread roll + 1 tub of yoghurt and

A soup of Lentils and barley with vegetables and vegetable stock + a serving of local seasonal fruit (eg. 2 cups berries) to be consumed once a week

**Dinner** Spaghetti Bolognese: Lean mince with spaghetti, tomato, cheese and olive oil (for cooking). + a side salad (baby spinach, carrots, cucumber) or Greek-Style Egg Lemon Soup with Chicken and Greens (1 serving): Serve with mixed salad vegetables.

**Snacks** 1 serving of fruit (eg. 1 cup fresh fruit salad or 3/4 cup grapes) + handful of mixed nuts or 1 tub yoghurt + canned tuna in oil on crackers.

The diet should include a target for the weight that should be gained Arthur using proper body mass index calculations. It should also include a transition diet to help Arthur get accustomed to the regular diet after the high protein dies. This would prevent the chance of being overweight for the patient

## Review of a long-term plan

The long-term plan that has been devised for the rehabilitation of Arthur Higgin is a suitable plan for people suffering from Korsakoff Syndrome. The plan was built using the framework of a plan that was used for the rehabilitation of people suffering from cognitive issues due to long-term consumption of alcohol. Thus it aligns with the memory loss problem of Arthur Higgins and the problem of maintaining coordination while walking. This also considers the long-term heavy driving habit of the patient into consideration which results in an effective and personalized rehabilitation plan. The specific duration of the different stages and necessary method of intervention is a systematic way to approach this plan (Buckthorpe *et al.*, 2019). There should be more elaboration on preventing Arthur from accessing alcohol and supervision methods to check that the patient does not consume alcohol and further deteriorate the health of the patient. The plan should also specify the specific tool like a stick for walking and equipment like a wheelchair for future use to help the patient with difficulty in walking.

## Modification and adjustment in a long-term plan

This rehabilitation plan would devise a plan for checking up on Arthur to ensure that no alcohol is hidden or stored in the house where Arthur stays. There should also be a separate stage that would include the upgradation of internal infrastructure to reduce the damage and difficulty of Arthur reaching different places in the house due to Korsakoff Syndrome. There are many intelligent walking sticks which help and assist the elder in walking and have added features to integrate with mobile phones (Chen *et al*., 2021). This would further help Arthur learn the use of tools like a stick for walking and be prepared for using equipment like a wheelchair in the future to help in mobility and safely access places beyond his house for social engagement and outings.

# Q3) Reflect on how your role, knowledge and skills would be effective in mapping and implementing individualized support during this assessment process.

## Gibbs Reflective Cycle

**Description:-** As a community worker there had been a camp where the patients who are alcoholic and want to cure their addiction to alcohol have come for treatment. They have come to the community camp because they are from the middle class and do not have the money to go to rehab for the treatment of their addiction to alcoholism(Tarp *et al* .,2020). They are also suffering from isolation due to this addiction. So as community workers our work is to treat the patient suffering from alcoholism.

**Feelings:-** The feelings are both compassionate and understanding (Long et al.,2021). The feeling of compassion towards the patient is to help in a friendly way to the patients and the feeling of understanding is to know the reason the patient is and what is the actual reason the patient is attracted to the addiction to alcohol. There is another feeling of responsibility as a community worker. I have to treat the patients with utmost care and responsibility. This makes me feel proud of serving as a community worker who gets a chance to serve needy people.

**Evaluation:-**  I evaluated that there are many reasons for patients to become alcoholics. The reasons are mental stress from the workplace, a habit of drinking and there is a certain situation in his life that throws him into the darkness of the addiction to alcohol. They understand when the patients have an alcohol problem. when the patient had times ended up drinking more or longer than the stipulated time than the patient drinks. Second is that the patient consumes a large amount of time drinking.

**Analysis:** It can be analyzed from the above discussion that Korsakoff Syndrome is a serious syndrome which affects the lifestyle and health of the individual. Also, it is not possible to fully recover from the disease. This limitation of the syndrome was faced by me while developing different strategies and plans for the care and support of the individual. The different model and plan of action was very helpful for strategically and systemically darlings with the problems and issues of Arthur Higgins

**Conclusion** It can be concluded from the above analysis and discussion that this report was very challenging for me. Thus the different challenges helped me learn about the structure and model for planning the care and support for a patient suffering from Krsakoff Syndrome. It also helped me learn about Korsakoff syndrome. I learned about the importance of including the necessary input from the patient while developing a plan for the care of the patient. I also realized that certain skills such as active listening and critical thinking need more improvements from better execution of the job. I also need more knowledge about strategies needed to provide support for people suffering from memory loss.

**Action Plan:** For the development of necessary skills like active listening it would be required that I practice the art of active listening. Critical thinking could be improved by developing a habit to ask multiple questions and conduct more thorough research on the problem or challenge. To increase knowledge about different strategies and different diseases it would be required to explore more books journals and articles related to these.

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