The communities and neighborhoods where families reside have a huge impact on their health and welfare, which is one of the social determinants of health listed under academic guides at Walden University. I had a situation a few years back when I had a young 20-year-old patient with very low hemoglobin and heavy menstrual flow. She was refusing blood transfusion despite explaining the importance of blood transfusion. She later told us the reason behind her refusing the blood was because she was a Jehovah's Witness and no one from her religion and community will receive blood in any case and she won't receive it too, she was scared that she won't be accepted by her community if she takes blood and it’s against God. According to HA Thompson, Jehovah's Witnesses believe that a human should not sustain their life with another creature's blood, and they don’t see any differences between taking blood into the mouth and taking it into the blood vessels. They believe that the procedure creates a risk of losing eternal salvation. After knowing her belief and preference, providers considered this social determinant of health, and she was prescribed I/V Iron instead of blood which increased her hemoglobin level.

Patient health is influenced by factors outside of the hospital or clinic setting. It is heavily shaped by our families, homes, neighborhoods, and communities referring to these external factors as social determinants of health and they affect how patients interact with the health care system. Healthcare providers also highly value and respect patient autonomy and simultaneously desire to provide high-quality, effective treatment. In my patient's case, Patient preferences, social determinants of health, and values in the treatment plan were able to change a healthcare situation. We were able to meet her demands and at the same time, we were also able to treat her condition by respecting her beliefs on blood transfusion.

Based on the Ottawa model of research, I would follow the following steps for implementing patient decision aid and decision support.

Firstly, I would identify the decision, what is my patient's decision, are they ok with blood transfusion or not based on their low hemoglobin levels. If yes, then I can go with the transfusion if not then I will talk with the providers and go with the second step of finding patient decisions under personal decision guides. In this step, the patient can identify her decision-making needs, plan the next steps, track progress, and share her views about the decisions. This is also used by healthcare providers to guide and coach patients in making decisions. My patient presented us with her personal ideas about what is and what is not acceptable for her to take into her body, she will not permit cell saver or red blood cell transfusion but can take albumin or any medications that can increase hemoglobin. The third step was to identify barriers such as limited knowledge, lack of access or lack of confidence, and many more, In my patient's case limited knowledge about the blood products and medication was identified as a barrier and she was educated by the provider about the medication, alternative to transfusion including its components, once she verbalizes understanding and agreed to take the alternative to transfusion the implementation step came into action and she was given I/V iron for her low hemoglobin.

In the future, I would certainly implement the toolkit provided by the Ottowa hospital research Institute because patients are involved in making healthcare choices and providers are present to give suggestions and advice if needed

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RESPONSE1:

Hello Magie

You brought up an important topic Breast feeding and Social determinant of health. There is still a significant and alarming social disparity despite overall improvement in breastfeeding in the past 3 decades in the United States, (Standish & Parker, 2021) Many parents have experienced obstacles in achieving their breastfeeding goals, that had led to reduced rates of breastfeeding initiation and continuation. Many factors influence an individual’s desire and ability to breastfeed that includes individual parent considerations; practitioner influences hospital barriers; societal factors, such as workplace and parental leave policies; access to lactation support; and social support of their breastfeeding goals.(acog.org) To overcome some of these barriers there should be a multidisciplinary approach that involves practitioners, community lactation support, family members, employers, and childcare providers to help parents overcome obstacles and obtain the benefits of breastfeeding for themselves and their infants. Policies that protect the right of a woman and her child to breastfeed in public and that accommodate milk expression, such as insurance coverage for breast pumps, paid maternity leave, on-site childcare, break time for expressing milk, and a clean, private location for expressing milk, are essential to sustaining breastfeeding.

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RESPONSE2:

**Hello Sarah,**

I really enjoyed reading your post. I also have witnessed some cases where patient was refusing treatment because they were unable to afford the treatment. Social determinants can have a strong influence on a patient in making health decisions. (University, W. (2023) It is so sad to hear that even when a treatment appears to be clearly the very best option for their condition, patient has to refuse it because of poverty. People living in poverty are less likely to have access to health care, healthy food, stable housing, and opportunities for physical activity and these disparities mean people living in poverty are more likely to die from preventable diseases. High cost of medical care and lack of health insurance has been the number one barrier for individual and families.

You use the Ottawa hospital research guide for your Decision Guides and the decision aids used in this situation were perfect for the scenario. Comparing between two options and taking the best decision was the best part about the situation. Moreover, the tools for Ottawa research institute also can help health care provider on how to assist patient in this type of situation. (The Ottawa Hospital Research Institute, 2022)

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