

PRACTICE NURSE



ROLE

Practice nurses provide healthcare services in primary care settings, working within general practice teams to support individuals across all age groups. Their responsibilities include:

Health assessments: Conducting routine health checks, vaccinations, and screening tests to monitor and improve patients' wellbeing.

Chronic disease management: Assisting in the management of long-term conditions such as asthma, diabetes, and hypertension.

Treatment and minor procedures: Administering treatments, dressing wounds, removing sutures, and assisting with minor surgical procedures.

Childhood immunisations and health promotion: Delivering vaccination programmes and providing advice on childhood illnesses, nutrition, and development.

Women's and men's health: Conducting cervical screening, sexual health checks, and lifestyle advice to prevent illness.

Liaising with multidisciplinary teams: Collaborating with GPs, healthcare assistants, and community teams to ensure seamless patient care.

HOW THEY MEET NEEDS

Preventative care: Supporting disease prevention through screening, immunisations, and early intervention.

Chronic illness support: Providing personalised advice and support for individuals managing long-term conditions.

Family and paediatric care: Educating parents on childhood illnesses and advising on child development and wellbeing.

Mental health support: Recognising signs of anxiety or depression and directing patients to appropriate services.

Lifestyle and self-care education: Encouraging patients to adopt healthier lifestyles through smoking cessation, weight management, and exercise guidance.

SETTINGS THEY WORK IN

GP surgeries: Based within primary care clinics, providing essential patient care.

Community health centres: Supporting outreach programmes and public health initiatives.



POPULATION GROUPS THEY WORK WITH

Children and young people: Providing vaccinations, health checks, and support for minor illnesses.

Adults: Managing chronic diseases and supporting lifestyle changes, offering family planning and contraception, travel vaccinations.

Older adults: Assisting in the management of multiple health conditions and promoting independence.

PRACTICE NURSE

Supporting a Child with an Ear Infection

CASE SUMMARY

Abraham, a 5-year-old, has been brought to the GP practice by his grandmother due to persistent ear pain, fever, and difficulty hearing. He has a history of recurrent ear infections, and his grandmother is concerned about his discomfort.

ROLE OF THE GP PRACTICE NURSE

Health Assessment:

- The nurse checks Abraham's temperature, observes his ear for signs of redness and swelling, and notes any fluid discharge.
- A discussion with Abraham's grandmother helps to understand the duration and severity of symptoms.

Care Planning:

- The nurse records Abraham's symptoms and collaborates with the GP to determine the best course of action.
- Advice is given on symptom management at home, including pain relief and hydration.

Treatment and Monitoring:

- The nurse administers age-appropriate pain relief and advises on warm compresses to ease discomfort.
- A follow-up appointment is scheduled to monitor Abraham's recovery and prevent further complications.

Health Education:

- Abraham's grandmother is educated on preventing future infections, such as keeping ears dry and avoiding exposure to second-hand smoke, which is known to increase risk of ear infections and their duration.
- The nurse discusses the importance of completing any prescribed antibiotics if needed.

Emotional and Family Support:

- The nurse reassures Abraham's mother about the common nature of ear infections and provides guidance on when to seek further medical advice.
- She offers a child-friendly approach, ensuring Abraham feels comfortable and at ease during the consultation.

Through careful assessment and ongoing support, Abraham's symptoms improve, and his grandmother feels more confident in managing his health at home. The GP practice nurse plays a crucial role in ensuring Abraham receives the appropriate care and education to prevent recurrent infections.



MENTAL HEALTH NURSE



ROLE

Mental health nurses provide specialised care and support to individuals experiencing a wide range of mental health conditions, such as depression and anxiety, as well as other more complex conditions such bipolar disorder, schizophrenia, and personality disorders. Their duties include:

Assessing patients: Conducting mental health evaluations to understand an individual's needs, symptoms, and concerns.

Developing therapeutic relationships: Building trust and rapport with patients to provide effective care.

Delivering treatments: Administering medication, facilitating therapy sessions, and providing mental health education.

Collaborating with other professionals: Working as part of a multidisciplinary team, including psychiatrists, psychologists, and social workers.

Crisis intervention: Supporting patients experiencing acute mental health crises, ensuring their safety and wellbeing.

Promoting recovery: Encouraging self-management strategies and offering tools to help patients regain independence and improve their mental health.

HOW THEY MEET NEEDS

Care plans: Collaborating with patients to create personalised plans that set goals and outline treatment strategies.

Medication administration: Monitoring the effects of prescribed medications, ensuring adherence, and managing side effects.

Therapy delivery: Facilitating group therapy, cognitive behavioural therapy (CBT), or mental health education sessions to help patients understand and manage their conditions.

Crisis management: Offering immediate support and intervention during mental health emergencies, including suicide prevention.

Rehabilitation and recovery support: Helping patients develop coping mechanisms, build resilience, and reintegrate into daily life, including work and social settings.

Family and caregiver support: Providing guidance and resources to families to aid in the patient's recovery.

SETTINGS THEY WORK IN

Hospitals: Inpatient psychiatric wards and general hospitals.

Community mental health teams: Providing outreach services to individuals living in the community.

Specialist units: Forensic and addiction services, child and adolescent mental health services (CAMHS), or older adult care.

Residential care facilities: Supporting individuals with long-term mental health needs.

Patients' homes: Delivering care through home visits and community-based programmes.

POPULATION GROUPS THEY WORK WITH

Children and adolescents: Addressing issues like anxiety, behavioural problems, or eating disorders.

Adults: Supporting individuals with conditions such as depression and anxiety.

Older adults: Managing age-related mental health conditions like dementia and depression.



MENTAL HEALTH NURSE

Supporting an Adult with Work-Related Stress and Depression

CASE SUMMARY

John, a 45-year-old marketing manager, has been experiencing high levels of stress due to long working hours and intense deadlines. This has led to persistent feelings of sadness, difficulty sleeping, and loss of interest in activities he once enjoyed. John has been diagnosed with moderate depression and has been referred to the community mental health team by his GP.

ROLE OF THE MENTAL HEALTH NURSE

Assessment:

- During the initial consultation, the mental health nurse listens to John's concerns and conducts a mental health assessment to understand the severity of his symptoms and their impact on his daily life.

Developing a Care Plan:

- The nurse collaborates with John to develop a personalised care plan, setting achievable goals such as improving sleep patterns and managing stress at work.
- They include strategies like mindfulness techniques and structured relaxation exercises.

Administering Treatment:

- The nurse liaises with John's GP to ensure his medication is effective and monitors any side effects.
- Weekly cognitive behavioural therapy sessions are scheduled, where John learns practical tools like cognitive restructuring to challenge negative thought patterns.

Workplace Support:

- The nurse helps John identify stressors and develop strategies to address them, such as improving time management or discussing workload adjustments with his employer.
- They provide a letter to John's HR department recommending reasonable adjustments, such as flexible working hours.

Promoting Recovery:

- As John begins to feel more in control, the nurse encourages him to resume hobbies and social activities that bring him joy, supporting his reintegration into a balanced lifestyle.

Through consistent support, John gains confidence in managing his depression and learns strategies to maintain his mental wellbeing while balancing work responsibilities.



Key terms you may be unfamiliar with

Crisis Intervention	Immediate and short-term support provided to individuals facing a mental health crisis or other emergency to stabilise their situation.
Forensic Mental Health Service	A specialised service that provides care and treatment for individuals with mental health conditions who are involved in the criminal justice system.
Therapeutic Relationship	A professional and trusting relationship between a healthcare provider and a client, aimed at facilitating effective care and communication.

ADULT NURSE



ROLE

Adult nurses deliver comprehensive healthcare to adults across the lifespan, addressing a variety of medical conditions ranging from acute illnesses to chronic diseases. Their responsibilities include:

Health assessments: Conducting detailed evaluations of patients' physical and mental health to identify their healthcare needs.

Planning and implementing care: Developing individualised care plans that focus on promoting recovery and preventing complications.

Administering treatments and medications: Ensuring timely and accurate delivery of treatments, including wound care, intravenous therapy, and pain management.

Monitoring progress: Observing and documenting changes in patients' conditions to evaluate the effectiveness of care.

Providing emotional support: Offering reassurance and empathy to patients and their families during stressful times.

Liaising with multidisciplinary teams: Collaborating with doctors, physiotherapists, social workers, and other healthcare professionals to ensure coordinated care.

HOW THEY MEET NEEDS

Comprehensive assessments: Evaluating medical histories, symptoms, and social circumstances to create tailored care plans.

Treatment administration: Delivering medications, managing medical devices, and providing therapies to aid recovery.

Health education: Teaching patients and their families about disease prevention, self-care techniques, and lifestyle modifications.

Rehabilitation support: Encouraging patients to regain independence through physiotherapy or occupational therapy.

Crisis intervention: Responding to medical emergencies promptly to stabilise patients.

End-of-life care: Supporting patients and their families during palliative care, focusing on comfort and dignity.

SETTINGS THEY WORK IN

Hospitals: Medical and surgical wards, intensive care units, and outpatient departments.

Clinics: General practices and specialist outpatient services.

Nursing homes: Providing long-term care for older adults and individuals with complex needs.

Community health services: Visiting patients in their homes or working in community clinics.

POPULATION GROUPS THEY WORK WITH

Young adults over 18: Managing conditions such as injuries, infections, or post-surgical recovery.

Middle-aged adults: Addressing chronic illnesses like diabetes, hypertension, and arthritis.

Older adults: Providing care for age-related conditions, including dementia, heart disease, and mobility challenges.



ADULT NURSE

Supporting an Older Adult with Heart Disease

CASE SUMMARY

Mary, a 72-year-old retired teacher, has been admitted to hospital with chronic heart failure caused by long-standing hypertension. She experiences fatigue, shortness of breath, and swelling in her legs, which have worsened in recent weeks. Mary is receiving care from an adult nurse in collaboration with a doctor to manage her condition and improve her quality of life.

ROLE OF THE ADULT NURSE

Health Assessment:

- During Mary's admission, the nurse conducts a detailed assessment, checking vital signs, fluid retention, and reviewing her medication.
- The nurse collaborates with the doctor to ensure diagnostic tests, such as blood tests and echocardiograms, are completed promptly.

Care Planning:

- A personalised care plan is created in coordination with the doctor, focusing on managing Mary's symptoms and preventing further complications.
- The plan includes dietary advice, fluid intake management, and light physical activity recommendations.

Treatment and Monitoring:

- The nurse administers prescribed diuretics (medication to reduce fluid retention) and monitors their effectiveness in reducing swelling.
- Regular checks of blood pressure, heart rate, and oxygen levels are conducted to track Mary's progress and inform adjustments to her treatment plan.

Through collaborative care and consistent support, Mary's symptoms are stabilised, and she gains the knowledge and confidence needed to manage her condition effectively after leaving the hospital.

Health Education:

- Mary is provided with guidance on recognising early signs of worsening heart failure, such as increased breathlessness or sudden weight gain.
- The nurse explains the importance of medication adherence and coordinates follow-up appointments with the doctor for ongoing care.

Emotional and Social Support:

- The nurse offers reassurance and addresses Mary's concerns about her condition and hospital stay.
- They facilitate communication between Mary and her family, ensuring her daughter understands the care plan and can provide support after discharge.



Key terms you may be unfamiliar with

Acute Illness	A condition that develops suddenly and lasts for a short period, such as an infection or injury.
Chronic Illness	A long-term condition that requires ongoing management, such as diabetes or hypertension.
Intravenous Therapy	The administration of fluids, medications, or nutrients directly into a vein using a needle or catheter.
Medical Devices	Tools or equipment used to monitor, diagnose, or treat patients, such as ventilators or blood pressure monitors.
Vital Signs Monitoring	The routine checking of key health indicators, such as blood pressure, heart rate, and temperature.
Wound Care	The management of cuts, sores, or surgical incisions to promote healing and prevent infection.

LEARNING DISABILITY NURSE

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ROLE

Learning disability nurses support individuals with learning disabilities to lead fulfilling lives while promoting their physical and mental health. Their responsibilities include:

Comprehensive assessments: Identifying the specific needs and abilities of individuals through detailed evaluations.

Developing personalised care plans: Creating tailored plans that reflect the unique goals, preferences, and health needs of each person.

Advocacy: Ensuring that patients' rights are upheld and that they receive equal access to healthcare and opportunities.

Promoting independence: Encouraging individuals to develop skills for daily living and fostering their ability to participate in community life.

Delivering treatments: Administering medications, monitoring health conditions, and managing any coexisting physical or mental health issues.

Providing emotional support: Helping individuals and their families navigate the challenges associated with learning disabilities.

Collaboration: Working with families, carers, teachers, social workers, and other professionals to provide holistic care and support.

HOW THEY MEET NEEDS

Individualised care plans: Collaborating with patients and families to develop goals and strategies that align with the person's abilities and aspirations.

Health education: Teaching individuals and carers about maintaining physical and mental health.

Therapeutic interventions: Providing behavioural support and counselling to address emotional or behavioural challenges.

Advocacy and empowerment: Assisting individuals in making their own decisions and ensuring their voices are heard.

Coordinated care: Working with multidisciplinary teams to ensure seamless support and communication.

SETTINGS THEY WORK IN

Community settings: Assisting individuals in accessing local services and integrating into the community.

Residential care: Supporting individuals living in long-term care facilities.

Schools and educational facilities: Ensuring that children and young adults with learning disabilities receive appropriate support to succeed academically and socially.

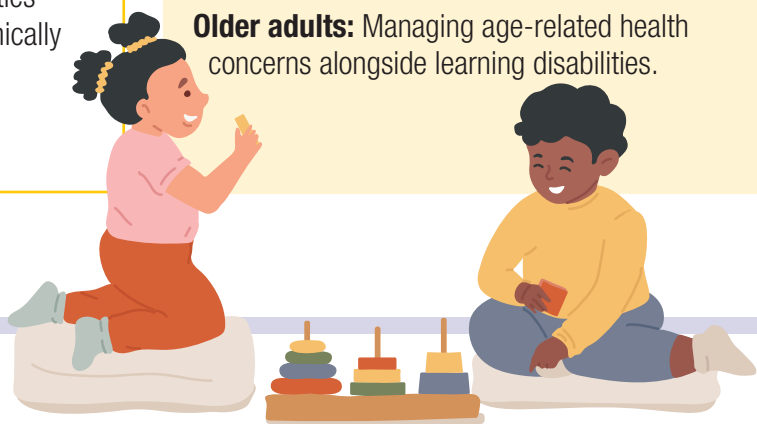
Patients' homes: Providing tailored care and support in familiar environments.

POPULATION GROUPS THEY WORK WITH

Children and young people: Addressing developmental and educational needs.

Adults: Supporting independence, employment opportunities, and social inclusion.

Older adults: Managing age-related health concerns alongside learning disabilities.



LEARNING DISABILITY NURSE

Supporting a Young Adult with a Traumatically Acquired Brain Injury

CASE SUMMARY

Liam, a 21-year-old student, sustained a brain injury in a car accident, resulting in significant cognitive and emotional challenges. He now struggles with memory, impulse control, and social interactions. Liam lives with his parents and is adjusting to life after his injury.

ROLE OF THE LEARNING DISABILITY NURSE

Health Assessment:

- The nurse conducts a comprehensive assessment of Liam's cognitive abilities, emotional wellbeing, and daily living skills.
- By engaging Liam and his family, the nurse gains insight into his goals, such as returning to college and improving his social skills.

Care Planning:

- A personalised care plan is developed to address Liam's needs, including strategies for memory improvement and managing emotional outbursts.
- The plan includes specific milestones, such as rejoining a social group or attending a part-time educational programme.

Therapeutic Support:

- The nurse provides Liam with behavioural strategies to manage frustration and improve impulse control.
- Regular counselling sessions help Liam process his emotions and rebuild his confidence.

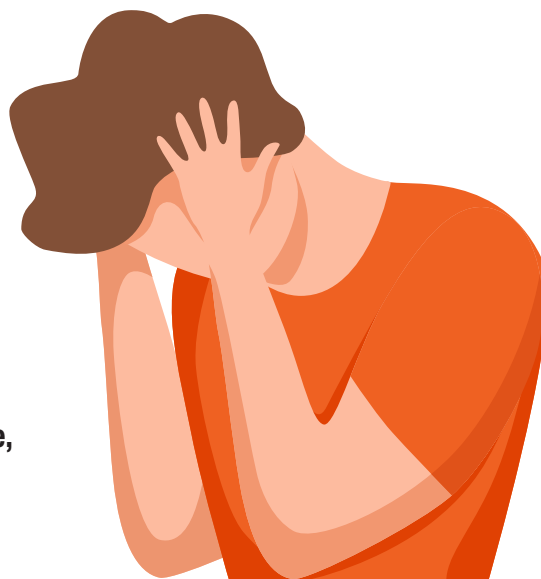
Health Monitoring:

- The nurse monitors Liam's physical and mental health, ensuring any complications from his brain injury are addressed promptly.
- Coordination with his GP and specialists ensures a holistic approach to his care.

Family Collaboration:

- The nurse educates Liam's parents about his condition, offering techniques to support his rehabilitation and maintain a positive home environment.
- They facilitate access to community resources, such as local brain injury support groups and vocational training programmes.

Through personalised and compassionate care, the learning disability nurse helps Liam regain independence, build resilience, and work towards achieving his long-term aspirations.



Key terms you may be unfamiliar with

Co-existing Conditions

When an individual has two or more medical or mental health conditions at the same time, which may interact and affect treatment.

Impulse Control

The ability to resist or delay urges and impulses, often addressed in mental health or behavioural therapy.

CHILDREN'S AND NEONATAL NURSES



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ROLE

Children's and neonatal nurses provide specialised care to infants, children, and adolescents, addressing their physical, emotional, and developmental needs. Their responsibilities include:

Health assessments: Monitoring growth, development, and overall health, identifying any medical concerns early.

Providing treatment: Administering medications, managing medical devices, and offering life-saving interventions when required.

Family support: Offering guidance and reassurance to families, helping them navigate complex medical information and procedures.

Health promotion: Educating families on topics such as nutrition, immunisations, and developmental milestones.

Safeguarding: Protecting children from harm and ensuring their safety in all care environments.

Collaborative care: Working closely with paediatricians, midwives, social workers, and other professionals to deliver holistic care.

HOW THEY MEET NEEDS

Monitoring and treatment: Observing vital signs, administering medications, and providing therapies tailored to children's needs.

Developmental support: Encouraging age-appropriate activities and interactions to promote growth and learning.

Parental education: Teaching families how to manage medical conditions at home and supporting them in decision-making.

Crisis management: Responding promptly to medical emergencies, stabilising patients, and coordinating further care.

Palliative care: Supporting children and families during end-of-life care, ensuring dignity and comfort.

Advocacy: Ensuring the child's needs and rights are prioritised in all aspects of care.

SETTINGS THEY WORK IN

Neonatal units: Caring for premature or critically ill newborns.

Paediatric wards: Providing care for children admitted with acute or chronic conditions.

Community settings: Supporting families at home or in clinics.

Schools and educational facilities: Offering healthcare support to children with ongoing medical needs.

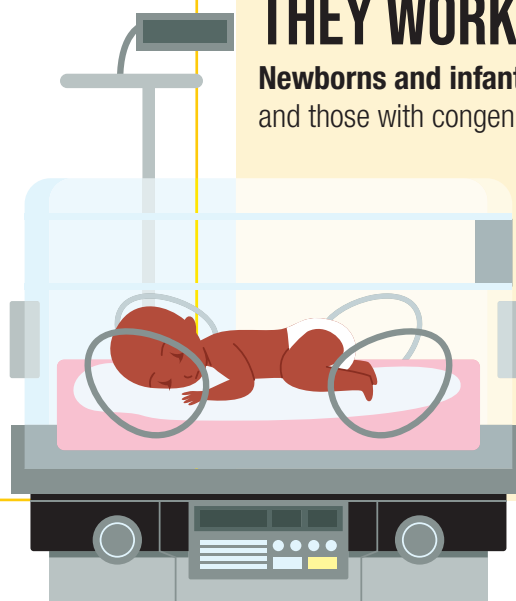
Specialist units: Such as paediatric intensive care or surgical wards.

POPULATION GROUPS THEY WORK WITH

Newborns and infants: Including premature babies and those with congenital conditions.

Children: From toddlers to school-aged children, managing both short-term illnesses and long-term health conditions.

Adolescents: Addressing physical and mental health concerns unique to this age group.



CHILDREN'S AND NEONATAL NURSES

Caring for a Premature Baby in the Neonatal Unit

CASE SUMMARY

Lily, born at 28 weeks gestation, weighs 1.2 kilograms and requires specialised neonatal care. She is placed in an incubator to maintain her body temperature and needs respiratory support due to underdeveloped lungs. Lily's parents, Emma and Tom, are anxious and unfamiliar with the neonatal unit environment.

ROLE OF THE CHILDREN'S AND NEONATAL NURSE

Monitoring and Support:

- The nurse closely monitors Lily's vital signs, including heart rate, oxygen levels, and temperature.
- They ensure Lily receives appropriate nutrition through a feeding tube, gradually introducing breast milk as she grows.

Parental Guidance:

- The nurse educates Emma and Tom on Lily's condition and care, explaining the importance of skin-to-skin contact (kangaroo care) to promote bonding and stability.
- They provide emotional support, addressing the parents' concerns and building their confidence in caring for Lily.

Respiratory Care:

- The nurse manages Lily's respiratory support, ensuring her oxygen therapy is adjusted as she progresses.
- They monitor for signs of respiratory distress and coordinate with the medical team for any necessary interventions.

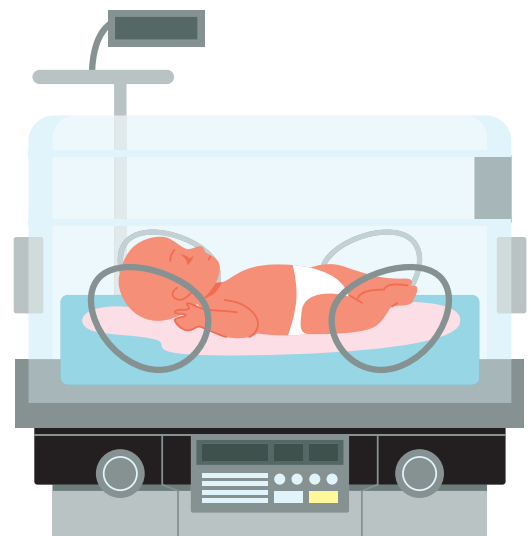
Developmental Care:

- The nurse minimises environmental stressors in the neonatal unit by controlling light, noise, and handling to support Lily's neurological development.
- Age-appropriate stimuli are introduced to encourage sensory and motor development.

Collaborative Care:

- The nurse liaises with paediatricians, lactation consultants, and social workers to provide holistic support to Lily and her family.
- They coordinate follow-up appointments and ensure Emma and Tom are prepared for Lily's transition home.

Through specialised and compassionate care, the nurse helps Lily achieve key developmental milestones, while empowering her parents to take an active role in her care, ensuring a smooth transition from the neonatal unit to home life.



Key terms you may be unfamiliar with

Congenital Conditions	Medical conditions or abnormalities that are present from birth, often caused by genetic factors or environmental influences during pregnancy.
Lactation Consultant	A healthcare professional who specialises in supporting breastfeeding parents, offering guidance on latching, milk supply, and addressing breastfeeding challenges.

SPECIALIST COMMUNITY PUBLIC HEALTH NURSE: HEALTH VISITOR (HV)



ROLE

Health visitors are registered nurses or midwives who specialise in community-based healthcare for families, particularly those with young children. Their responsibilities include:

Health and developmental assessments: Monitoring the growth and development of babies and young children, identifying any concerns early.

Providing advice and support: Guiding parents on topics such as nutrition, sleep routines, immunisations, and managing common childhood illnesses.

Promoting public health: Offering education on topics such as breastfeeding, accident prevention, and healthy lifestyles.

Safeguarding: Identifying and addressing potential risks to children's safety and wellbeing.

Supporting parenting skills: Helping families build confidence in raising children, particularly those who may feel isolated or face additional challenges.

Referrals: Liaising with other professionals, such as speech therapists, paediatricians, and social workers, to provide specialist support when needed.

HOW THEY MEET NEEDS

Developmental assessments: Using tools like the Ages and Stages Questionnaire (ASQ) to identify developmental delays.

Health promotion: Educating families on immunisations, nutrition, and oral health.

Parental support: Providing advice on bonding, routines, and managing challenging behaviours.

Early intervention: Identifying and addressing developmental or behavioural concerns through referrals to specialists.

Safeguarding: Ensuring children are in safe and supportive environments, addressing any concerns about neglect or abuse.

Community connections: Linking families with local resources such as parenting groups, childcare options, and financial support services.

SETTINGS THEY WORK IN

Family homes: Conducting home visits to observe and support families in their own environment.

Health clinics: Providing routine checks and group sessions for families.

Children's centres: Hosting parenting classes, support groups, and developmental workshops.

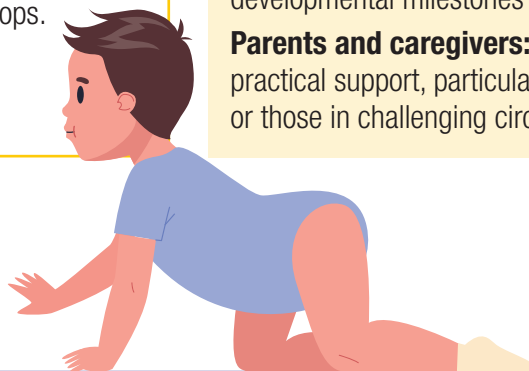
Community outreach programmes: Engaging families in hard-to-reach areas.

POPULATION GROUPS THEY WORK WITH

Newborns and infants: Monitoring early development and providing guidance on feeding and care.

Preschool children: Ensuring they meet developmental milestones and addressing any delays.

Parents and caregivers: Offering emotional and practical support, particularly to first-time parents or those in challenging circumstances.



HEALTH VISITOR (HV)

Supporting a Family with Their First Baby

CASE SUMMARY

Mina and Ash are first-time parents to Mala, a 10-month-old baby. While Mala is a happy and active child, Mina has noticed that Mala is slightly delayed in reaching developmental milestones, such as sitting unsupported and babbling. The family lives in a small flat and has limited access to outdoor spaces. Mina has also been feeling anxious about whether she is doing enough to support Mala's development.

ROLE OF THE HEALTH VISITOR

Developmental Assessment:

- During a home visit, the health visitor uses the Ages and Stages Questionnaire (ASQ) to assess Mala's development. They observe her motor skills, communication, and interactions.
- The health visitor reassures Mina and Ash that Mala's progress is within a manageable range but highlights areas where additional support could help.

Guidance and Advice:

- The health visitor provides practical tips to encourage Mala's development, such as tummy time to strengthen her core muscles and interactive play to promote communication.
- They offer advice on incorporating activities into daily routines, even in a limited space, like using household objects for sensory play.

Parental Support:

- Recognising Mina's anxiety, the health visitor provides emotional support, normalising her concerns and building her confidence.
- They recommend joining a local parenting group to connect with other families and reduce isolation.

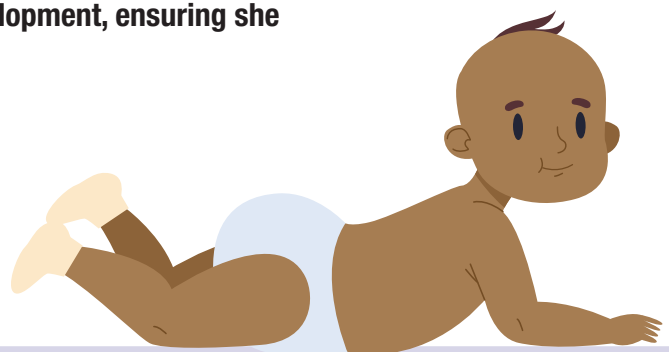
Health Promotion:

- The health visitor discusses Mala's diet and suggests introducing iron-rich foods to support her growth.
- They review Mala's immunisation schedule, ensuring she is up to date.

Referrals and Follow-Up:

- To address Mala's developmental delays, the health visitor refers the family to a paediatric physiotherapist for additional guidance.
- A follow-up visit is scheduled to monitor Mala's progress and provide ongoing support to the family.

Through personalised care and consistent guidance, the health visitor helps Mina and Ash feel empowered to support Mala's development, ensuring she has the best possible start in life.



SPECIALIST COMMUNITY PUBLIC HEALTH NURSE: SCHOOL NURSE (SN)



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ROLE

School nurses play a vital role in promoting the health and wellbeing of school-aged children and young people. Their responsibilities include:

Health promotion: Educating students on topics such as nutrition, exercise, mental health, substance use/misuse and hygiene.

Preventative care: Administering immunisations, conducting health screenings, and identifying early signs of health issues.

Supporting students with medical needs: Developing healthcare plans for children with chronic conditions, such as asthma, diabetes, or epilepsy.

Safeguarding: Identifying and responding to concerns about a child's safety or wellbeing.

Mental health support: Providing initial counselling or referrals for students experiencing anxiety, bullying, or stress.

Delivering sex and relationship education: Teaching students about puberty, sexual health, consent, and healthy relationships.

Liaising with parents and staff: Ensuring effective communication between home, school, and healthcare services.

HOW THEY MEET NEEDS

Health education: Delivering workshops on physical, emotional, and social health topics.

Chronic condition management: Supporting students with ongoing medical needs through care planning and coordination.

Crisis intervention: Responding to emergencies such as injuries, allergic reactions, or mental health crises.

Early intervention: Identifying and addressing health concerns before they escalate.

Advocacy and referrals: Connecting students and families with specialised services, such as CAMHS (Child and Adolescent Mental Health Services).

SETTINGS THEY WORK IN

Primary and secondary schools: Providing in-school health services and education.

Special educational needs (SEN) schools: Supporting students with complex health or developmental needs.

Community clinics: Offering drop-in sessions for students and parents.

Outreach programmes: Engaging with hard-to-reach groups to promote health equity.

POPULATION GROUPS THEY WORK WITH

Children and adolescents: Promoting healthy lifestyles and addressing health concerns.

Parents and guardians: Offering advice and resources to support children's health and wellbeing.

School staff: Providing training on managing student health needs and safeguarding.



SCHOOL NURSE (SN)

Delivering a Sexual Health Education Programme

CASE SUMMARY

A school nurse is delivering a sexual health education programme to Year 10 students at a secondary school. The programme aims to equip students with knowledge about consent, contraception, sexually transmitted infections (STIs), and healthy relationships. Some students have misconceptions about sexual health, while others feel anxious discussing sensitive topics.

ROLE OF THE SCHOOL NURSE

Planning and Preparation:

- The school nurse designs an inclusive and age-appropriate curriculum, using resources such as leaflets, videos, and interactive activities.
- They collaborate with teachers to schedule sessions during Personal, Social, Health and Economic (PSHE) education lessons.

Delivering the Sessions:

- The nurse creates a safe and respectful environment, encouraging open discussions and addressing students' questions without judgement.
- Topics include the importance of consent, methods of contraception, and recognising signs of unhealthy relationships.
- Visual aids and interactive activities are used to engage students and ensure understanding.

Addressing Concerns:

- The nurse provides opportunities for students to ask anonymous questions through a question box.
- Misconceptions, such as myths about contraception or STIs, are clarified with evidence-based information.

Follow-Up and Support:

- The nurse offers individual drop-in sessions for students needing further advice or support.
- They provide contact details for local sexual health clinics and online resources for confidential information and services.

Engaging with Parents and Staff:

- The nurse informs parents about the programme's content, addressing any concerns and ensuring transparency.
- Teachers are briefed on how to support students during and after the sessions.

By delivering the programme, the school nurse empowers students with knowledge and confidence to make informed decisions about their health and relationships, contributing to their overall wellbeing and safety.



SPECIALIST COMMUNITY PUBLIC HEALTH NURSE: OCCUPATIONAL HEALTH NURSE (OHN)

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ROLE

Occupational health nurses (OHNs) specialise in the relationship between work and health, aiming to prevent work-related illnesses and injuries while promoting a healthy workforce. Their responsibilities include:

Health assessments: Conducting pre-employment and periodic health checks to ensure employees are fit for their roles.

Workplace risk management: Identifying potential hazards and advising employers on improving safety standards.

Illness and injury prevention: Implementing health promotion programmes, such as stress management and ergonomics training.

Rehabilitation and return-to-work support: Assisting employees recovering from illness or injury to reintegrate into the workplace safely and effectively.

Policy development: Collaborating with employers to create health and safety policies that comply with legal requirements.

Employee education: Providing training on health and safety practices, such as proper lifting techniques and mental health awareness.

HOW THEY MEET NEEDS

Health surveillance: Monitoring employees for early signs of work-related conditions, such as hearing loss or repetitive strain injuries.

Risk assessments: Identifying and mitigating workplace hazards to reduce the risk of accidents and injuries.

Rehabilitation programmes: Developing individualised plans to help employees return to work after illness or injury.

Wellbeing initiatives: Promoting mental health and resilience through workshops, counselling, and resources.

Compliance support: Ensuring organisations meet health and safety regulations, including conducting workplace inspections.

SETTINGS THEY WORK IN

Workplaces: Across industries such as construction, manufacturing, healthcare, and corporate offices.

Occupational health clinics: Providing specialised services to employees referred by their organisations.

Remote or on-site health units: Supporting workers in settings such as oil rigs, mines, or large industrial complexes.

POPULATION GROUPS THEY WORK WITH

Employees: Supporting their physical and mental wellbeing in the workplace.

Employers: Advising on health-related policies and ensuring compliance with occupational health and safety regulations.



OCCUPATIONAL HEALTH NURSE (OHN)

Supporting an Adult Returning to Work After a Life-Changing Injury

CASE SUMMARY

Jem, a 39-year-old warehouse manager, sustained a severe back injury in a workplace accident six months ago. Following surgery and rehabilitation, Jem's mobility has improved, but they experience chronic pain and reduced strength. They are anxious about returning to work and managing their responsibilities.

ROLE OF THE OCCUPATIONAL HEALTH NURSE

Initial Assessment:

- The nurse conducts a detailed assessment of Jem's physical capabilities and reviews their medical history, including the surgeon's and physiotherapist's recommendations.
- They engage Jem in discussions about their concerns and goals for returning to work.

Developing a Return-to-Work Plan:

- The nurse collaborates with Jem, their manager, and the HR (human resources) team to design a phased return-to-work plan.
- Adjustments are made to Jem's workload, such as limiting heavy lifting and providing ergonomic equipment to reduce strain.

Workplace Adjustments:

- The nurse ensures the workplace meets Jem's needs by recommending changes, such as an adjustable desk, specialised seating, and additional breaks to manage pain.
- They conduct a risk assessment to minimise further injury.

Ongoing Support and Monitoring:

- Regular check-ins are scheduled to monitor Jem's progress and address any concerns.
- The nurse liaises with Jem's physiotherapist to ensure their workplace activities align with their recovery plan.

Mental Health Support:

- Recognising Jem's anxiety, the nurse provides resources on stress management and refers them to counselling services if needed.
- Peer support is encouraged, connecting Jem with colleagues who have undergone similar experiences.

Through a structured and supportive approach, the occupational health nurse helps Jem regain confidence and adapt to their role, promoting both their wellbeing and productivity within the workplace.



Key terms you may be unfamiliar with

Ergonomics

The study of designing equipment and workspaces to maximise efficiency and comfort, reducing the risk of injury or strain.

Human Resources

The department or function within an organisation responsible for managing employee relations, recruitment, training, and workplace policies.

MIDWIFE



ROLE

Midwives are healthcare professionals who specialise in supporting women during pregnancy, childbirth, and the postnatal period. Their responsibilities include:

Antenatal care: Monitoring maternal and foetal health, conducting routine check-ups, and offering advice on diet, lifestyle, and pregnancy-related concerns.

Labour and birth: Providing hands-on support during childbirth, ensuring a safe birth for both mother and baby.

Postnatal care: Supporting women in recovery after birth and promoting the health of newborns.

Infant care education: Teaching new mothers about breastfeeding, bottle feeding, safe sleeping practices, and recognising signs of illness in newborns.

Emotional support: Offering reassurance and guidance to expectant and new mothers, particularly those experiencing anxiety or complications.

Referrals: Collaborating with obstetricians, paediatricians, and other specialists when additional care is needed.

HOW THEY MEET NEEDS

Monitoring health: Regularly assessing maternal blood pressure, foetal growth, and other vital signs.

Education and advice: Providing information on nutrition, exercise, and mental wellbeing during pregnancy.

Labour support: Offering pain management options and emotional reassurance during childbirth.

Postnatal support: Helping mothers recover from birth and establish routines for infant care.

Safeguarding: Identifying and addressing risks to maternal or infant health and wellbeing.

Empowerment: Supporting women to make informed decisions about their care and birthing plans.

SETTINGS THEY WORK IN

Hospitals: Labour wards, antenatal clinics, and postnatal wards.

Birthing centres: Offering a more homely and less clinical setting for childbirth.

Community clinics: Providing antenatal and postnatal care closer to home.

Patients' homes: Supporting home births and conducting postnatal visits.

POPULATION GROUPS THEY WORK WITH

Pregnant women: From early pregnancy to labour and birth.

New mothers: Offering postnatal care and support.

Newborns: Ensuring their health and supporting early development.



MIDWIFE

Antenatal Care with Advice on Diet and Lifestyle

CASE SUMMARY

Seon-mi, a 32-year-old first-time mother, is 20 weeks pregnant and attends a routine antenatal appointment. She is concerned about managing her weight during pregnancy and wants to ensure she is providing the best start for her baby. Seon-mi works full-time in an office and has a sedentary lifestyle.

ROLE OF THE MIDWIFE

Health Assessment:

- The midwife conducts routine checks, including measuring Seon-mi's blood pressure and monitoring foetal growth.
- Seon-mi's current weight and activity levels are discussed to understand her lifestyle and health needs.

Dietary Advice:

- The midwife explains the importance of a balanced diet rich in fruits, vegetables, whole grains, lean protein, and dairy to support foetal development.
- They provide tips on managing weight gain by focusing on portion control and avoiding high-sugar and high-fat processed foods.

Lifestyle Recommendations:

- Seon-mi is encouraged to incorporate light to moderate exercise, such as walking, swimming, or prenatal yoga, to maintain her fitness and support circulation.
- The midwife discusses the importance of staying hydrated and avoiding alcohol and smoking to reduce risks during pregnancy.
- Information is provided on the effects of smoking and substance use on foetal development, including risks of low birth weight, preterm labour, and developmental delays.

Through tailored advice and compassionate support, the midwife helps Seon-mi feel confident about her pregnancy journey, ensuring both she and her baby remain healthy and well-prepared for the months ahead.

Emotional Support:

- The midwife reassures Seon-mi that weight gain is a normal and necessary part of pregnancy and focuses on healthy habits rather than weight loss.
- They address any concerns Seon-mi has about balancing her job with her pregnancy, offering advice on managing fatigue and stress.

Follow-Up:

- The midwife schedules a follow-up appointment to monitor Seon-mi's progress and adjusts her care plan as needed.
- Seon-mi is provided with leaflets and access to online resources for additional guidance on healthy pregnancy practices.



Key terms you may be unfamiliar with

Antenatal Care	Healthcare provided to pregnant women to monitor their health and the baby's development.
Labour Support	Assistance provided during childbirth, including pain management and emotional reassurance.
Postnatal Care	Care given to mothers and newborns after delivery to ensure recovery and healthy development.

GENERAL PRACTITIONER (GP)



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ROLE

General Practitioners (GPs) are primary care doctors who provide comprehensive healthcare services to individuals and families. Their responsibilities include:

Diagnosing and treating illnesses: Managing acute and chronic conditions, from infections to long-term diseases like diabetes.

Preventative care: Offering vaccinations, health screenings, and advice on lifestyle changes to prevent illness.

Patient education: Providing information on managing conditions, medications, and health-related behaviours.

Referrals: Coordinating care by referring patients to specialists or other healthcare services as needed.

Mental health support: Addressing issues like anxiety, depression, and stress, and providing initial treatment or referrals to mental health services.

Family-centred care: Considering the health and social dynamics of families when delivering care.

HOW THEY MEET NEEDS

Holistic health checks: Conducting routine assessments to monitor overall health and catch potential issues early.

Acute care: Diagnosing and managing short-term illnesses and injuries.

Chronic disease management: Creating care plans for ongoing conditions like asthma, hypertension, or arthritis.

Family health management: Supporting families with health education and interventions tailored to their specific needs.

Health promotion: Encouraging preventative behaviours, such as regular exercise, balanced diets, and smoking cessation.

Palliative care: Supporting patients and families during end-of-life care, focusing on comfort and dignity.

SETTINGS THEY WORK IN

GP practices: Providing consultations, diagnostic services, and treatments.

Community health centres: Offering accessible care closer to where people live.

Home visits: Supporting patients unable to attend the practice due to mobility or health issues.

POPULATION GROUPS THEY WORK WITH

Children: Treating common illnesses and monitoring development.

Adults: Managing chronic conditions, mental health, and lifestyle-related issues.

Elderly patients: Addressing age-related health concerns and promoting quality of life.



GENERAL PRACTITIONER (GP)

Child with Chickenpox

CASE SUMMARY

Max, a 5-year-old boy, is brought to the GP by his father due to a rash and mild fever. The rash has been developing over the past two days, and his father is concerned about whether it could be chickenpox and how to manage it.

ROLE OF THE GP

Assessment and Diagnosis:

- The GP examines Max's rash, noting its characteristic appearance of red spots that have started to blister.
- They confirm the diagnosis of chickenpox based on the clinical presentation and Max's recent exposure to a classmate with the condition.

Advice on Symptom Management:

- The GP explains that chickenpox is usually mild and self-limiting but can cause discomfort.
- Recommendations include using paracetamol to manage fever and calamine lotion or antihistamine cream to soothe itching.

Infection Control:

- The GP advises Max's father to keep him at home until all the spots have crusted over to prevent spreading the infection.
- They provide guidance on maintaining good hygiene, such as keeping Max's nails short to avoid skin infections from scratching.

Health Promotion:

- The GP discusses the importance of hydration and a balanced diet to support recovery.
- They remind Max's father about the benefits of routine childhood vaccinations and check that his immunisations are up to date.

Follow-Up and Warning Signs:

- The GP advises returning or a visit to A&E if Max develops signs of complications, such as difficulty breathing, severe pain, or a high fever lasting more than a few days.

Through clear guidance and reassurance, the GP helps Max's father feel confident in managing his condition at home while minimising the risk of complications and transmission to others.



Key terms you may be unfamiliar with

Palliative Care

A specialised form of medical care focused on providing relief from the symptoms and stress of serious illnesses, aimed at improving quality of life for patients and their families.

Preventative Care

Interventions aimed at preventing diseases, such as vaccinations or health screenings.

SURGEON



ROLE

Surgeons are highly trained medical professionals who specialise in performing operations to treat injuries, diseases, and conditions. Their responsibilities include:

Pre-operative care: Assessing patients, explaining surgical procedures, and obtaining informed consent.

Performing surgeries: Using advanced techniques and tools to carry out procedures ranging from minimally invasive surgeries to complex operations.

Post-operative care: Monitoring patients' recovery, managing pain, and addressing complications.

Collaborative care: Working with multidisciplinary teams, including anaesthetists, nurses, and physiotherapists, to ensure holistic patient care.

Specialisation: Focusing on specific areas of surgery, such as general surgery, orthopaedics, cardiothoracic, or bariatrics.

Teaching and research: Training medical students and contributing to advancements in surgical techniques and patient care.

HOW THEY MEET NEEDS

Comprehensive assessments: Evaluating patients' medical history, test results, and suitability for surgery.

Surgical precision: Performing procedures with accuracy to minimise risks and ensure successful outcomes.

Patient education: Explaining risks, benefits, and recovery expectations to patients and their families.

Post-operative management: Providing care plans, monitoring recovery, and addressing complications.

Innovative techniques: Employing advanced technologies, such as robotic-assisted surgeries and laparoscopic procedures, to enhance outcomes.

Compassionate care: Supporting patients emotionally and physically throughout their surgical journey.

SETTINGS THEY WORK IN

Hospitals: Operating theatres, surgical wards, and intensive care units.

Specialist clinics: Providing consultations and follow-up care.

Private practices: Offering elective and specialised surgical services.

POPULATION GROUPS THEY WORK WITH

Adults: Treating injuries, diseases, and conditions requiring surgical intervention.

Children: Performing paediatric surgeries for congenital or acquired conditions.

Elderly patients: Addressing age-related issues such as joint replacements and cancer surgeries.



SURGEON

Gastric Bypass Surgery for Severe Obesity

CASE SUMMARY

Jane, a 45-year-old woman with a BMI of 42, has struggled with severe obesity for over a decade. Despite multiple attempts at weight loss through diet and exercise, she has been unable to achieve sustainable results. Jane experiences obesity-related health issues, including type 2 diabetes and hypertension, which have significantly impacted her quality of life. After consultation with her GP and a bariatric surgeon, she decides to undergo gastric bypass surgery.

ROLE OF THE SURGEON

Pre-operative Assessment:

- The surgeon evaluates Jane's overall health, reviewing her medical history and conducting necessary tests, such as blood work and imaging.
- They discuss the benefits and risks of gastric bypass surgery, addressing Jane's concerns and setting realistic expectations for weight loss and health improvements.

Surgical Procedure:

- The surgeon performs a laparoscopic gastric bypass, creating a small stomach pouch and rerouting the digestive system to reduce calorie absorption.
- The procedure is conducted with precision to minimise complications and ensure a safe outcome.

Post-operative Care:

- After the surgery, the surgeon monitors Jane's recovery, ensuring her pain is managed effectively and that there are no signs of infection or complications.
- They provide guidance on the dietary changes Jane must follow, starting with liquids and gradually transitioning to solid foods.

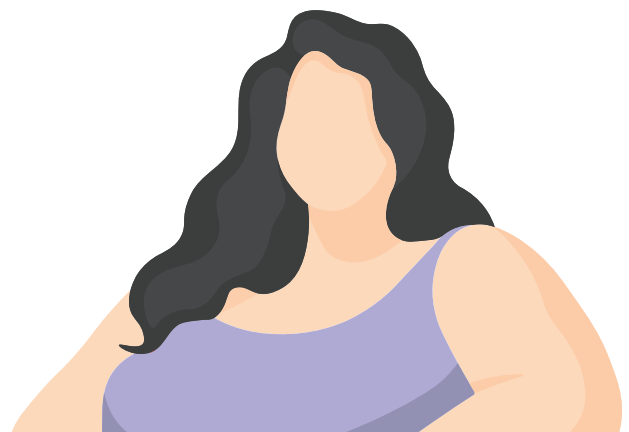
Through comprehensive care and a multidisciplinary approach, the surgeon helps Jane achieve significant weight loss and improved health, enabling her to regain confidence and enhance her quality of life.

Collaborative Support:

- The surgeon works with a dietitian and psychologist to support Jane's long-term success, addressing both nutritional needs and emotional wellbeing.
- Regular follow-ups are scheduled to track Jane's progress and adjust her care plan as needed.

Health Promotion:

- The surgeon emphasises the importance of maintaining an active lifestyle and adhering to post-operative guidelines to achieve sustainable weight loss.
- Jane is encouraged to join a support group for individuals who have undergone bariatric surgery.



Key terms you may be unfamiliar with

Bariatric	Relating to the treatment of obesity, including medical and surgical approaches to weight management.
Gastric Bypass	A type of bariatric surgery where the stomach is divided into a smaller pouch and connected directly to the small intestine, bypassing a portion of the digestive system.
Laparoscopic	A minimally invasive surgical technique involving small incisions and the use of a camera and instruments.
Pre/Post-Operative	Refers to the care and treatment provided before (pre-operative) and after (post-operative) a surgical procedure to ensure a patient's safety and recovery.

PSYCHIATRIST



ROLE

Psychiatrists are medical doctors who specialise in diagnosing, treating, and preventing mental health disorders. Their responsibilities include:

Assessment and diagnosis: Evaluating patients' mental and physical health through interviews, observations, and medical history.

Treatment planning: Developing personalised care plans that may include therapy, medication, and lifestyle changes.

Prescribing medications: Managing the use of psychiatric medications to address conditions such as depression, anxiety, schizophrenia, and bipolar disorder.

Psychotherapy: Providing counselling or therapeutic interventions to support mental health recovery.

Collaboration: Working with psychologists, social workers, and other healthcare professionals to ensure holistic care.

Education and advocacy: Educating patients and families about mental health conditions and advocating for reducing stigma.

HOW THEY MEET NEEDS

Diagnostic evaluations: Identifying the underlying causes of mental health symptoms.

Therapeutic interventions: Offering evidence-based treatments, including cognitive behavioural therapy (CBT) and other modalities.

Medication management: Adjusting prescriptions based on effectiveness and side effects.

Crisis intervention: Providing immediate support during mental health emergencies.

Long-term care: Ensuring continuity of care for chronic mental health conditions.

Patient-centred care: Tailoring treatments to individual preferences and cultural considerations.

SETTINGS THEY WORK IN

Hospitals: Inpatient psychiatric units, general hospitals, and emergency departments.

Community mental health services: Supporting individuals living in the community.

Private practices: Offering one-on-one consultations and ongoing care.

Specialist clinics: Providing care for specific conditions such as eating disorders or addiction.

Forensic services: Working with individuals involved in the criminal justice system.

POPULATION GROUPS THEY WORK WITH

Children and adolescents: Addressing developmental and behavioural issues, as well as anxiety and depression.

Adults: Managing conditions such as schizophrenia, anxiety disorders, and substance use disorders.

Older adults: Supporting individuals with age-related mental health conditions like dementia and depression.



PSYCHIATRIST

Supporting an Individual with Dementia

CASE SUMMARY

George, a 72-year-old retired teacher, has been experiencing memory loss, confusion, and difficulty completing everyday tasks. His family has noticed these changes worsening over the past year. George has become increasingly frustrated and withdrawn, prompting his GP to refer him to a psychiatrist.

ROLE OF THE PSYCHIATRIST

Assessment and Diagnosis:

- The psychiatrist conducts a thorough evaluation, including cognitive tests, a review of George's medical history, and discussions with his family.
- A diagnosis of Alzheimer's disease is made, which is the most common form of dementia in the UK, and the psychiatrist explains this to George and his family in a sensitive manner.

Treatment Planning:

- The psychiatrist develops a care plan, which includes medications to slow the progression of symptoms and manage agitation.
- Recommendations are made for lifestyle adjustments, such as establishing routines and engaging in cognitive activities to support George's mental function.

Family Support:

- The psychiatrist provides George's family with resources and education on dementia, helping them understand how to communicate effectively and provide care.
- They discuss the importance of caregiver support and suggest local support groups for family members.

Through compassionate care and a multidisciplinary approach, the psychiatrist supports George and his family in navigating the challenges of dementia, promoting dignity and quality of life for both the patient and his caregivers.

Monitoring and Follow-Up:

- Regular follow-up appointments are scheduled to monitor George's response to treatment and adjust the care plan as needed.
- The psychiatrist remains accessible to the family for guidance during challenging situations.

Crisis Intervention:

- The psychiatrist provides strategies for managing potential crises, such as severe agitation or wandering, and ensures the family knows when to seek immediate help.



Key terms you may be unfamiliar with

Inpatient Psychiatric Unit

A specialised hospital ward or facility where individuals experiencing severe mental health crises receive intensive care and monitoring in a structured environment.

PHYSIOTHERAPIST



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ROLE

Physiotherapists are allied healthcare professionals who specialise in improving physical function and mobility, managing pain, and enhancing overall quality of life. Their responsibilities include:

Assessment and diagnosis: Evaluating patients' physical conditions through observation, tests, and medical history.

Treatment planning: Developing personalised rehabilitation programmes tailored to individual needs and goals.

Therapeutic interventions: Using techniques such as manual therapy and exercise programmes to improve movement and relieve pain.

Education and prevention: Teaching patients and their families about injury prevention, proper posture, and healthy movement habits.

Long-term care: Supporting patients with chronic conditions like arthritis to maintain independence and functionality.

Collaboration: Working with other healthcare professionals, such as doctors and occupational therapists, to provide holistic care.

HOW THEY MEET NEEDS

Comprehensive assessments: Identifying physical limitations and setting achievable rehabilitation goals.

Tailored treatments: Designing individualised programmes to improve strength, flexibility, and coordination.

Pain management: Using therapeutic techniques to relieve acute or chronic pain.

Education and empowerment: Teaching patients how to manage their conditions and prevent future injuries.

Functional rehabilitation: Supporting patients in regaining abilities needed for daily activities and work.

Support and motivation: Encouraging patients to stay active and adhere to treatment plans.

SETTINGS THEY WORK IN

Hospitals: Providing care in outpatient clinics, rehabilitation units, and intensive care wards.

Community health centres: Delivering services to improve mobility and manage pain for individuals in the community.

Care homes: Supporting older adults with mobility and balance to prevent falls and injuries.

Sports clinics: Treating athletes and individuals with sports-related injuries.

Private practices: Offering specialised and one-on-one care.

POPULATION GROUPS THEY WORK WITH

Children: Addressing developmental issues, congenital conditions, and injuries.

Adults: Managing rehabilitation from injuries or surgeries and promoting physical fitness.

Older adults: Supporting mobility, balance, and strength to prevent falls and enhance quality of life.

Athletes: Treating sports-related injuries and enhancing performance.



PHYSIOTHERAPIST

Recovering from a Falls-Related Injury

CASE SUMMARY

Margaret, a 78-year-old woman, has been admitted to a physiotherapy clinic following a fall that resulted in a fractured hip. After undergoing surgery and initial recovery in the hospital, she is now attending physiotherapy sessions to regain mobility and confidence.

ROLE OF THE PHYSIOTHERAPIST

Initial Assessment:

- The physiotherapist evaluates Margaret's range of motion, strength, and balance, as well as her ability to perform basic daily activities.
- They discuss her goals, including walking independently and resuming hobbies such as gardening.

Treatment Plan Development:

- A personalised rehabilitation programme is created, focusing on improving Margaret's hip strength, balance, and overall mobility.
- The plan includes a combination of exercises, such as leg raises, gentle stretches, and balance training.

Therapeutic Interventions:

- The physiotherapist guides Margaret through supervised exercises to strengthen her muscles and improve joint flexibility.
- They use manual therapy techniques to reduce stiffness and improve circulation in the affected area.

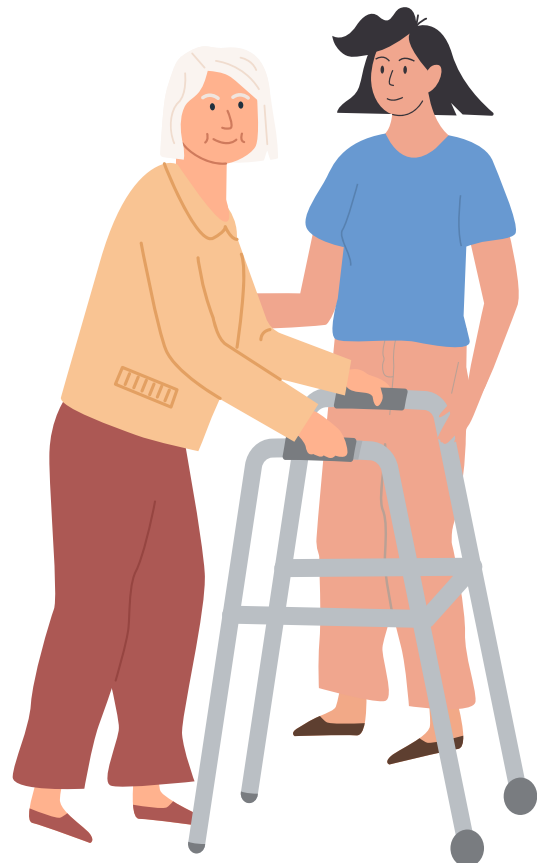
Through consistent physiotherapy and a patient-centred approach, Margaret regains her confidence and mobility, allowing her to return to her daily activities and enjoy a better quality of life.

Education and Home Exercises:

- Margaret is taught how to perform specific exercises safely at home to enhance her recovery.
- The physiotherapist educates her on fall prevention strategies, such as using assistive devices and removing hazards from her home.

Monitoring Progress and Adjusting Care:

- Regular assessments are conducted to track Margaret's progress and modify her treatment plan as needed.
- The physiotherapist provides encouragement and ensures that Margaret feels supported throughout her recovery.



OCCUPATIONAL THERAPIST (OT)



ROLE

Occupational therapists (OTs) are allied healthcare professionals who help individuals regain independence and improve their ability to perform daily activities. Their responsibilities include:

Assessment and diagnosis: Identifying challenges in a person's physical, mental, or emotional abilities through interviews, observations, and assessments.

Goal setting: Collaborating with individuals to set personalised goals that align with their needs and aspirations.

Therapeutic interventions: Developing and implementing tailored strategies to improve function and independence.

Environmental adaptations: Recommending changes to home or workplace environments to enhance accessibility and safety.

Support and education: Providing guidance to individuals, families, and caregivers on managing conditions and fostering independence.

Collaboration: Working with other healthcare professionals to deliver comprehensive care.

HOW THEY MEET NEEDS

Functional assessments: Identifying barriers to daily activities and recommending solutions.

Skill development: Teaching practical skills for personal care, work, and leisure activities.

Equipment provision: Recommending assistive devices, such as wheelchairs, grab rails, or adaptive tools.

Cognitive support: Helping individuals manage memory, attention, or organisational challenges.

Emotional and mental wellbeing: Addressing stress, anxiety, or depression that impacts daily function.

Community integration: Supporting individuals in accessing education, employment, or recreational activities.

SETTINGS THEY WORK IN

Hospitals: Supporting rehabilitation in inpatient and outpatient settings.

Community centres: Providing services to individuals in their own homes or local communities.

Schools: Assisting children with disabilities or developmental delays to access education.

Care homes: Supporting older adults in maintaining independence and quality of life.

Specialist clinics: Addressing specific needs, such as hand therapy or neurorehabilitation.

Workplaces: Promoting occupational health and adjusting environments for employees with disabilities.

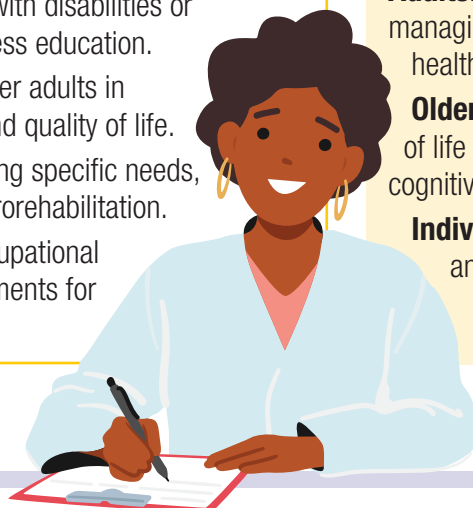
POPULATION GROUPS THEY WORK WITH

Children: Addressing developmental delays, sensory processing issues, and disabilities.

Adults: Supporting recovery from injuries or managing chronic conditions like arthritis or mental health challenges.

Older adults: Enhancing independence and quality of life through fall prevention, mobility aids, and cognitive support.

Individuals with disabilities: Promoting inclusion and accessibility in all aspects of life.



OCCUPATIONAL THERAPIST (OT)

Supporting an Individual with Acquired Brain Injury Moving to Independent Living

CASE SUMMARY

Tom, a 29-year-old man, developed a brain injury due to a severe infection two years ago. After extensive rehabilitation, he is preparing to move from a supported living facility into his own flat. Tom faces challenges with memory, organisation, and managing daily tasks.

ROLE OF THE OCCUPATIONAL THERAPIST

Initial Assessment:

- The OT evaluates Tom's functional abilities, identifying strengths and areas requiring support, such as meal preparation and time management.
- They assess the layout of Tom's new flat to recommend adaptations for safety and convenience.

Goal Setting:

- Together with Tom, the OT sets achievable goals, such as independently managing his morning routine and preparing simple meals.
- Long-term goals include returning to part-time work and participating in community activities.

Therapeutic Interventions:

- The OT introduces strategies to support Tom's memory, such as using checklists, alarms, and visual reminders.
- Practical sessions focus on daily living skills, such as budgeting, laundry, and meal preparation.

Through personalised interventions and consistent support, the occupational therapist helps Tom transition to independent living, promoting his autonomy and quality of life.

Environmental Adaptations:

- The OT recommends installing grab bars in the bathroom and providing adaptive tools for cooking.
- A smartphone app is suggested to help Tom organise his schedule and track tasks.

Family and Community Support:

- The OT works with Tom's family to ensure they understand how to support his independence.
- Connections are made with local support groups and community services to foster social interaction and reduce isolation.

Monitoring and Follow-Up:

- Regular check-ins are scheduled to assess Tom's progress and make adjustments to his support plan as needed.
- The OT provides ongoing encouragement and ensures Tom feels confident in his new environment.



Key terms you may be unfamiliar with

Neurorehabilitation	A specialised form of therapy designed to improve function and quality of life for individuals with injuries or disorders affecting the nervous system, such as strokes or traumatic brain injuries.
Sensory Processing Issues	Difficulties in the way the brain receives and responds to information from the senses, which can affect daily activities and behaviours.

SPEECH & LANGUAGE THERAPIST (SLT)



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ROLE

Speech and language therapists (SLTs) are allied healthcare professionals who diagnose and treat communication and swallowing disorders. Their responsibilities include:

Assessment and diagnosis: Evaluating individuals to identify speech, language, or swallowing difficulties through tests, observations, and interviews.

Therapeutic interventions: Developing personalised therapy programmes to improve communication and swallowing functions.

Education and support: Teaching patients and their families strategies to enhance communication and manage swallowing disorders.

Preventative care: Advising on strategies to prevent communication and swallowing difficulties from worsening.

Collaboration: Working with teachers, caregivers, and other healthcare professionals to provide holistic care.

Collaboration: Working with other healthcare professionals to deliver comprehensive care.

HOW THEY MEET NEEDS

Detailed assessments: Identifying specific communication or swallowing difficulties and their underlying causes.

Targeted therapy: Implementing evidence-based interventions to improve speech clarity, language comprehension, or swallowing safety.

Parental and caregiver training: Teaching practical strategies to support progress at home.

Assistive technology: Recommending tools such as speech-generating devices or communication boards.

Holistic support: Addressing the emotional and social impact of communication challenges.

SETTINGS THEY WORK IN

Hospitals: Supporting patients in acute, outpatient, or rehabilitation settings.

Schools: Helping children with speech and language challenges to access education.

Clinics: Offering one-on-one therapy in community or specialist centres.

Community health centres: Providing support to individuals in local communities.

Care homes: Assisting older adults with conditions such as dementia or stroke-related communication issues.



POPULATION GROUPS THEY WORK WITH

Children: Addressing developmental speech and language delays, stuttering, or communication disorders.

Adults: Supporting individuals recovering from strokes, brain injuries, or neurological conditions.

Older adults: Managing swallowing difficulties or speech challenges caused by conditions like dementia.

Individuals with disabilities: Assisting those with autism, learning disabilities, or other challenges affecting communication.



SPEECH & LANGUAGE THERAPIST (SLT)

Supporting a Child with Speech Development Problems

CASE SUMMARY

Lorcan, a 5-year-old boy, has difficulty pronouncing certain sounds, making it hard for others to understand him. His parents are concerned that this is affecting his confidence and interactions with peers. Lorcan's teacher has also noticed that he struggles to participate in class discussions.

ROLE OF THE SPEECH AND LANGUAGE THERAPIST

Assessment:

- The SLT conducts a detailed evaluation of Lorcan's speech sounds, language skills, and overall communication abilities.
- Observations are made during play and structured tasks to identify specific sound errors and language gaps.

Therapeutic Intervention:

- A personalised therapy plan is developed, focusing on improving Lorcan's ability to produce specific sounds (e.g. "sh" and "r").
- Play-based activities and repetition exercises are used to make sessions engaging and effective.

Parental Involvement:

- The SLT trains Lorcan's parents on how to practice speech exercises at home, reinforcing the skills learned during therapy.
- Strategies are provided to encourage Lorcan's communication in everyday situations, such as during meals or playtime.

Through consistent therapy and collaborative support, Lorcan gains confidence in his speech abilities, improving his communication skills and social interactions both at home and school.

School Collaboration:

- The SLT works with Lorcan's teacher to adapt classroom activities, ensuring he feels included and supported.
- Recommendations are made for group activities that build confidence and encourage peer interactions.

Monitoring and Progress:

- Regular sessions are held to track Lorcan's improvement, with adjustments to the therapy plan as needed.
- The SLT celebrates small successes with Lorcan and his family to keep him motivated.



DIETITIAN



ROLE

Dietitians are allied healthcare professionals who specialise in advising individuals on diet and nutrition to promote health and manage diseases. Their responsibilities include:

Nutritional assessment: Evaluating dietary habits, medical history, and nutritional needs through interviews and tests.

Personalised planning: Creating tailored nutrition plans to address specific health goals or conditions.

Education and guidance: Teaching individuals and groups about healthy eating, portion control, and food choices.

Disease management: Supporting individuals with medical conditions like diabetes, obesity, or cardiovascular diseases through diet.

Preventative care: Promoting healthy lifestyles to prevent the onset of diet-related diseases.

Collaboration: Working with other healthcare professionals, such as doctors and physiotherapists, to ensure holistic care.

HOW THEY MEET NEEDS

Comprehensive evaluations: Identifying dietary issues and health risks through detailed assessments.

Targeted interventions: Implementing customised dietary changes to meet individual health goals.

Health education: Providing tools and resources to empower individuals to make informed food choices.

Monitoring and adjustments: Regularly reviewing and updating nutrition plans based on progress and feedback.

Supportive care: Encouraging sustainable lifestyle changes and addressing barriers to healthy eating.

SETTINGS THEY WORK IN

Hospitals: Providing nutritional care for inpatients, including those recovering from surgeries or managing chronic illnesses.

Community health centres: Offering group sessions and individual consultations to promote public health.

Private practices: Providing one-on-one support for individuals seeking dietary advice.

Public health organisations: Developing nutrition programmes and policies for population health improvement.

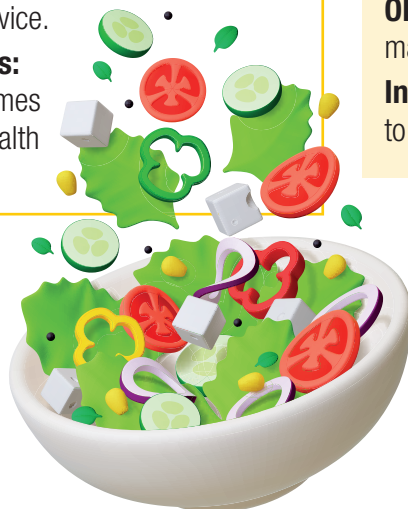
POPULATION GROUPS THEY WORK WITH

Children: Addressing growth and developmental needs through proper nutrition.

Adults: Supporting weight management, chronic disease prevention, and general health.

Older adults: Ensuring nutritional needs are met to maintain strength, energy, and quality of life.

Individuals with medical conditions: Tailoring diets to manage illnesses such as diabetes or food allergies.



DIETITIAN

Supporting an Individual with High Blood Pressure and Early Signs of Coronary Heart Disease

CASE SUMMARY

Demi is 52 and she has been diagnosed with high blood pressure and early signs of coronary heart disease. Her doctor refers her to a dietitian to improve her cardiovascular health through dietary changes. Demi has a busy work schedule and frequently relies on fast food, which has contributed to her condition.

ROLE OF THE DIETITIAN

Initial Assessment:

- The dietitian reviews Demi's medical history, dietary habits, and lifestyle to identify key areas for improvement.
- They assess Demi's weight, blood pressure, and cholesterol levels to set baseline measures.

Personalised Nutrition Plan:

- A heart-healthy eating plan is developed, focusing on reducing sodium, saturated fats, and added sugars.
- The dietitian includes more fruits, vegetables, whole grains, and lean proteins to support heart health.

Education and Guidance:

- Demi is educated on reading food labels to identify hidden sodium and unhealthy fats.
- The dietitian provides practical tips for preparing quick, healthy meals and choosing better options when eating out.

Lifestyle Integration:

- Strategies are discussed to fit healthy eating into Demi's busy schedule, such as meal prepping on weekends.
- The dietitian encourages regular physical activity, complementing the dietary changes.

Monitoring and Follow-Up:

- Regular check-ins are scheduled to monitor Demi's progress, track weight loss, and reassess her cholesterol and blood pressure levels.
- Adjustments are made to the nutrition plan based on Demi's feedback and health outcomes.

Through personalised care and ongoing support, the dietitian helps Demi adopt sustainable dietary habits, improving her cardiovascular health and reducing the risk of further complications.



RADIOGRAPHER



ROLE

Radiographers are allied healthcare professionals who use imaging technology to diagnose and support the treatment medical conditions. Their responsibilities include:

Performing imaging procedures: Operating equipment such as X-rays, CT scans, MRIs, and ultrasound machines to capture detailed images.

Ensuring patient safety: Minimising exposure to radiation and maintaining a safe environment during procedures.

Assisting in diagnosis: Providing high-quality images to aid doctors in identifying and treating conditions.

Supporting treatment: Using imaging technologies in therapeutic procedures, such as radiotherapy for cancer patients.

Maintaining equipment: Ensuring that imaging tools are calibrated and functioning effectively.

Patient communication: Explaining procedures clearly to patients to alleviate anxiety and ensure cooperation.

HOW THEY MEET NEEDS

Comprehensive imaging: Capturing accurate and clear images to aid in diagnosis and treatment.

Safety protocols: Following strict guidelines to minimise radiation exposure and maintain patient safety.

Collaboration: Working closely with doctors, radiologists, and other healthcare professionals to ensure effective care.

Patient comfort: Creating a supportive environment to reduce anxiety and discomfort during procedures.

Education: Informing patients about procedures and addressing their concerns to ensure understanding and cooperation.

SETTINGS THEY WORK IN

Hospitals: Performing imaging procedures in diagnostic and emergency departments, as well as inpatient wards.

Diagnostic imaging centres: Providing outpatient imaging services for various conditions.

Clinics: Supporting general practitioners and specialists with diagnostic imaging.

Specialist facilities: Working in oncology centres or orthopaedic clinics where advanced imaging is required.

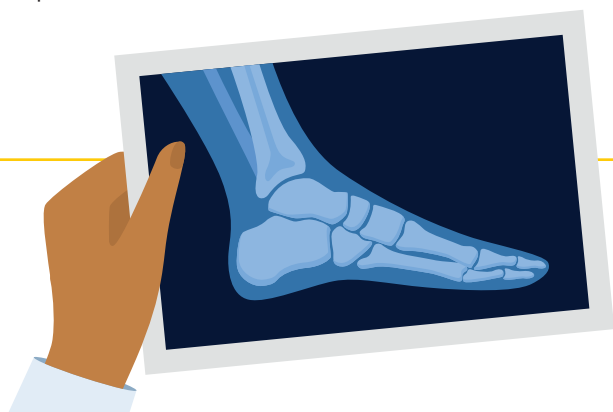
POPULATION GROUPS THEY WORK WITH

Children: Performing imaging for injuries, developmental issues, or medical conditions.

Adults: Supporting the diagnosis and monitoring of chronic conditions, injuries, and illnesses, as well as routine health screening.

Older adults: Assisting in the detection and management of age-related health concerns such as osteoporosis or arthritis.

Individuals with specific medical needs: Offering imaging for conditions like cancer or cardiovascular issues.



RADIOGRAPHER

Supporting a Woman Undergoing Routine Breast Cancer Screening

CASE SUMMARY

Oksana, a 50-year-old woman, attends a diagnostic imaging centre for a routine breast cancer screening (mammogram). She is nervous about the procedure, as it is her first screening.

ROLE OF THE RADIOGRAPHER

Preparation and Explanation:

- The radiographer greets Oksana warmly and explains the mammogram process step-by-step, addressing her questions and concerns.
- They ensure Oksana understands the importance of early detection and the role of the screening in identifying potential issues.

Performing the Mammogram:

- The radiographer positions Oksana carefully to obtain clear and accurate images, ensuring minimal discomfort during the procedure.
- They use high-quality equipment to capture detailed images of Oksana's breast tissue.

Ensuring Safety and Comfort:

- Radiation exposure is minimised through precise calibration and adherence to safety protocols.
- The radiographer provides reassurance throughout the procedure, helping Oksana feel at ease.

Collaboration and Follow-Up:

- The radiographer reviews the images to ensure they meet diagnostic standards before forwarding them to the radiologist for interpretation.
- Oksana is informed about when and how she will receive her results and advised on next steps if further imaging is required.

Through professional care and effective communication, the radiographer helps Oksana complete her screening confidently, ensuring that any potential health issues can be identified and addressed promptly.



Key terms you may be unfamiliar with

Diagnostic Imaging	Techniques like X-rays, CT scans, and MRIs used to capture detailed images of the body for diagnosis.
Mammogram	A specialised X-ray used to detect early signs of breast cancer.
Radiation Safety Protocols	Guidelines followed to minimise exposure to radiation during imaging procedures.

PODIATRIST



ROLE

Podiatrists are allied healthcare professionals who specialise in the assessment and treatment of foot and lower limb conditions. Their responsibilities include:

Assessing foot health: Evaluating patients for conditions affecting the feet and lower limbs, such as bunions, corns, or plantar fasciitis.

Treatment and management: Providing interventions such as orthotic devices, wound care, and minor surgical procedures.

Preventative care: Advising on footwear, hygiene, and lifestyle changes to reduce the risk of foot-related complications.

Pain relief: Addressing conditions causing discomfort, improving patients' mobility and quality of life.

Education and support: Teaching patients about self-care practices to maintain foot health.

HOW THEY MEET NEEDS

Detailed assessments: Identifying the root causes of foot and lower limb issues.

Personalised care plans: Developing treatment strategies tailored to individual needs.

Preventative interventions: Providing orthotics, footwear advice, and exercise recommendations.

Specialised treatments: Performing minor surgeries, debriding wounds, or administering corticosteroid injections for inflammation.

Education and follow-up: Empowering patients to maintain long-term foot health and monitoring progress.

SETTINGS THEY WORK IN

Hospitals: Treating patients with complex conditions, such as diabetic foot ulcers.

Private practices: Offering personalised foot care and specialised treatments.

Community clinics: Providing accessible care for common foot issues and conditions.

Patients' homes: Supporting individuals with mobility challenges who require at-home care.

POPULATION GROUPS THEY WORK WITH

Children: Addressing developmental issues, such as flat feet or gait abnormalities.

Adults: Managing common conditions like ingrown toenails or sports injuries.

Older adults: Treating age-related issues, such as arthritis or reduced circulation.

Individuals with chronic conditions: Supporting those with diabetes or vascular diseases to prevent complications.



PODIATRIST

Supporting an Older Man with Obesity Experiencing Foot Pain

CASE SUMMARY

Maheer, a 68-year-old man with obesity, has been experiencing persistent foot pain that affects his mobility and daily activities. He also has type 2 diabetes, increasing his risk of foot-related complications. Maheer visits a podiatrist for evaluation and treatment.

ROLE OF THE PODIATRIST

Initial Assessment:

- The podiatrist examines Maheer's feet for signs of pressure points, poor circulation, or underlying conditions such as plantar fasciitis.
- A full medical history is taken to understand how Maheer's weight and diabetes are impacting his foot health.

Treatment Plan Development:

- The podiatrist creates a personalised care plan to address Maheer's pain and reduce pressure on his feet.
- Orthotic insoles are prescribed to redistribute weight and improve foot alignment.

Pain Management and Interventions:

- To alleviate discomfort, the podiatrist recommends a combination of gentle stretching exercises and anti-inflammatory treatments.
- They provide regular debridement to prevent calluses and other complications from worsening.

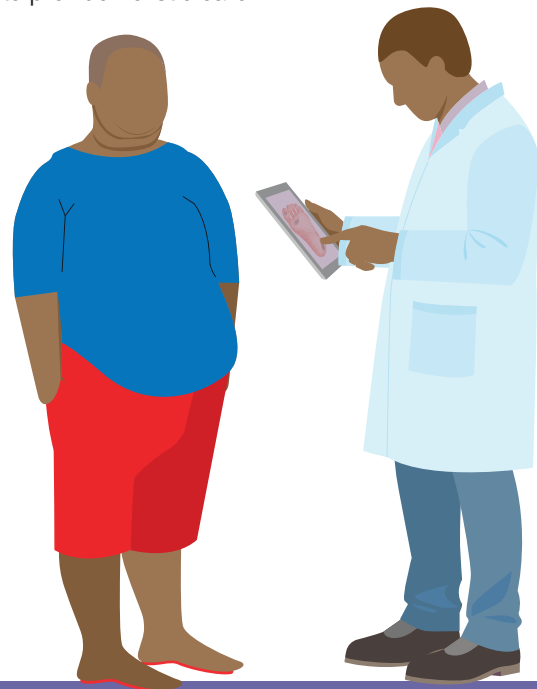
Through personalised care and proactive management, the podiatrist helps Maheer improve his mobility, reduce pain, and minimise the risk of future complications, enhancing his overall quality of life.

Preventative Care:

- The podiatrist educates Maheer on the importance of wearing supportive footwear and maintaining good foot hygiene.
- Advice is given on managing weight and blood sugar levels to minimise strain on his feet and lower limbs.

Monitoring and Follow-Up:

- Regular check-ups are scheduled to track Maheer's progress, adjust treatments, and monitor for potential diabetic complications.
- The podiatrist collaborates with Maheer's GP and a dietitian to provide holistic care.



Key terms you may be unfamiliar with

Calluses	Thickened areas of skin that develop due to repeated friction or pressure, often found on feet.
Debridement	The removal of dead or infected tissue, often used in wound care.
Orthotic Insoles	Custom-made shoe inserts designed to improve foot alignment and relieve pain.
Plantar Fasciitis	A common condition causing heel pain due to inflammation of the tissue connecting the heel bone to the toes.

DENTIST



ROLE

Dentists are healthcare professionals who diagnose and treat oral health issues, including diseases of the teeth and gums. Their responsibilities include:

Oral health examinations: Assessing the condition of teeth, gums, and the overall oral cavity.

Preventative care: Providing cleaning, fluoride treatments, and advice on oral hygiene to prevent dental problems.

Restorative procedures: Performing treatments such as fillings, crowns, and bridges to restore damaged teeth.

Surgical interventions: Carrying out extractions and minor oral surgeries when necessary.

Patient education: Teaching individuals about the importance of oral hygiene and healthy eating to maintain dental health.

Collaboration: Working with dental hygienists, orthodontists, and other specialists to provide comprehensive care.

HOW THEY MEET NEEDS

Comprehensive evaluations: Identifying potential issues through regular check-ups and diagnostic imaging.

Tailored treatments: Providing solutions specific to the patient's needs, such as fillings or orthodontic referrals.

Preventative education: Teaching brushing, flossing techniques, and dietary recommendations.

Pain management: Ensuring comfort during and after procedures through anaesthesia and pain relief.

Long-term care: Encouraging regular visits and proactive dental health strategies to prevent future issues.

SETTINGS THEY WORK IN

Dental practices: Providing routine check-ups, treatments, and emergency care.

Hospitals: Supporting patients with complex dental issues or oral surgeries.

Community dental services: Offering accessible care to underserved populations or those with special needs.

POPULATION GROUPS THEY WORK WITH

Children: Addressing developmental issues, cavities, and oral hygiene education.

Adults: Managing common dental concerns such as gum disease and tooth decay.

Older adults: Supporting age-related dental health challenges, such as tooth loss and dry mouth.

Individuals with specific needs: Treating patients with disabilities, medical conditions, or dental anxiety.



DENTIST

Supporting an 8-Year-Old Girl with Dental Caries

CASE SUMMARY

Mia, an 8-year-old girl, is brought to the dentist by her mother due to complaints of tooth pain and sensitivity while eating. Upon examination, the dentist identifies multiple dental caries on her molars and notes that Mia's oral hygiene routine could be improved.

ROLE OF THE DENTIST

Initial Assessment:

- The dentist performs a thorough oral examination and takes X-rays to assess the extent of the cavities.
- They identify the affected teeth and check for potential infections or damage to the surrounding gums.

Treatment Plan:

- A treatment plan is developed, prioritising the most urgent cavities for fillings.
- Preventative measures, such as fluoride varnish application, are included to protect other teeth.

Restorative Procedures:

- The dentist uses local anaesthesia to ensure Mia is comfortable during the fillings.
- Composite fillings are placed to restore the function and appearance of the affected teeth.

Oral Hygiene Education:

- Mia and her mother are educated on proper brushing and flossing techniques to prevent future cavities.
- The dentist emphasises the importance of reducing sugary snacks and drinks in Mia's diet.

Follow-Up and Monitoring:

- A follow-up appointment is scheduled to monitor Mia's progress and ensure the fillings are intact.
- Regular six-month check-ups are recommended to maintain her oral health.

Through timely intervention and education, the dentist helps Mia manage her dental caries and prevents further complications, ensuring she maintains a healthy and pain-free smile.



Key terms you may be unfamiliar with

Composite Filling	A tooth-coloured material used to restore decayed teeth.
Oral Hygiene Education	Guidance on maintaining healthy teeth and gums through brushing, flossing, and dietary habits.
Periodontal Treatment	Care aimed at treating gum disease and preserving the health of the supporting structures of the teeth.

DENTAL HYGIENIST



ROLE

Dental hygienists are oral health professionals who focus on preventive care, helping patients maintain healthy teeth and gums. Their responsibilities include:

Teeth cleaning: Removing plaque, tartar, and stains from teeth through scaling and polishing.

Preventive treatments: Applying fluoride, sealants, and other materials to protect teeth from decay.

Oral health education: Teaching patients effective brushing and flossing techniques to prevent dental diseases.

Monitoring oral health: Identifying early signs of gum disease, cavities, and other oral health issues for referral to a dentist.

Promoting overall health: Emphasising the connection between oral health and systemic conditions such as diabetes or heart disease.

HOW THEY MEET NEEDS

Professional cleaning: Removing plaque and tartar to prevent gum disease and tooth decay.

Preventive advice: Recommending oral hygiene routines, dietary changes, and products tailored to individual needs.

Early detection: Identifying oral health issues early and coordinating care with dentists.

Patient education: Encouraging regular care and providing tools for maintaining oral hygiene.

Support for systemic health: Advising on the impact of oral health on general wellbeing.

SETTINGS THEY WORK IN

Dental practices: Supporting dentists by providing preventive care during routine check-ups.

Community dental services: Delivering care to underserved populations and promoting public oral health initiatives.

Specialist clinics: Assisting in orthodontic or periodontic care settings.

POPULATION GROUPS THEY WORK WITH

Children: Educating on proper oral hygiene and preventing cavities.

Adults: Supporting routine maintenance of healthy teeth and gums.

Older adults: Managing age-related oral health concerns, such as gum disease or tooth sensitivity.

Individuals with medical conditions: Offering specialised care for those with conditions affecting oral health, such as diabetes.



DENTAL HYGIENIST

Supporting an Individual in Later Adulthood with Poor Oral Health

CASE SUMMARY

Valentina, a 72-year-old woman, visits a dental hygienist with concerns about gum sensitivity, bad breath, and difficulty chewing. She has not had regular dental check-ups for several years and has noticed significant tartar buildup.

ROLE OF THE DENTAL HYGIENIST

Initial Assessment:

- The dental hygienist examines Valentina's teeth and gums, noting signs of gingivitis and tartar accumulation.
- Valentina's oral hygiene routine and dietary habits are discussed to identify contributing factors.

Professional Cleaning:

- The hygienist performs a thorough scaling and polishing to remove tartar and plaque.
- Fluoride treatment is applied to strengthen Valentina's teeth and reduce sensitivity.

Education and Guidance:

- Valentina is taught proper brushing techniques, including using a soft-bristle toothbrush and interdental cleaners to reach difficult areas.
- Advice is given on reducing sugary and acidic foods to protect her teeth and gums.

Preventive Care Plan:

- The hygienist recommends regular cleanings every three months to manage tartar buildup and monitor gum health.
- Valentina is advised to use an antimicrobial mouthwash to reduce bacteria and improve breath.

Referral and Collaboration:

- Concerns about gum recession are communicated to a dentist for further evaluation and possible periodontal treatment.
- The hygienist collaborates with the dentist to ensure Valentina receives comprehensive care.



Through professional cleaning, education, and a tailored care plan, the dental hygienist helps Valentina regain confidence in her oral health, preventing further complications and enhancing her overall quality of life.

Key terms you may be unfamiliar with

Fluoride Treatment	The application of a fluoride-rich gel or varnish to strengthen the teeth and prevent cavities.
Gingivitis	A common and mild form of gum disease, also called periodontal disease. It causes irritation, redness, swelling and bleeding of the gingiva (gums).
Scale and Polish	A procedure performed by a dental hygienist to remove plaque and tartar from the teeth and polish them to reduce staining and make it harder for plaque to accumulate.
Tartar	A hard deposit that forms on the teeth when plaque is not removed. It can contribute to gum disease and must be removed by a professional.

SOCIAL WORKER



ROLE

Social workers are professionals who support individuals, families, and groups to improve their wellbeing and address challenges. Their responsibilities include:

Assessment: Evaluating the needs and circumstances of clients to determine the most appropriate support.

Advice and guidance: Providing emotional support and practical advice to help clients manage difficulties.

Resource connection: Linking clients with services such as housing, healthcare, or financial assistance.

Advocacy: Ensuring clients' voices are heard and their rights are upheld.

Crisis intervention: Supporting clients during emergencies, such as domestic abuse or homelessness.

Care planning: Developing and implementing plans to address long-term needs and improve social functioning.

HOW THEY MEET NEEDS

Comprehensive assessments: Identifying barriers and strengths to create effective care plans.

Practical support: Assisting with tasks such as applying for benefits, securing housing, or accessing education.

Emotional support: Building trust and providing counselling to help clients navigate challenges.

Collaboration: Working with other professionals to ensure seamless and integrated care.

Empowerment: Encouraging clients to develop skills and confidence to manage their own lives.

SETTINGS THEY WORK IN

Local authorities: Working within child protection, fostering, and social care teams.

Hospitals: Supporting patients with discharge planning, mental health needs, or chronic illnesses.

Schools: Assisting children and families with educational, behavioural, and emotional challenges.

Community organisations: Providing outreach and support to vulnerable populations.

POPULATION GROUPS THEY WORK WITH

Children and families: Addressing issues such as abuse, neglect, or family breakdowns.

Adults: Supporting those with mental health conditions, disabilities, or substance misuse problems.

Older adults: Helping with issues like isolation, elder abuse, or access to care services.

Marginalised groups: Advocating for individuals facing discrimination or systemic inequalities.



SOCIAL WORKER

Supporting a Teenage Couple Expecting Their First Baby

CASE SUMMARY

Holly (17) and Jordon (18) are a teenage couple expecting their first baby. They live with Jordon's parents in a small home and are worried about their ability to provide for their child. Both are still in education and have limited financial resources. The couple is referred to a social worker by their midwife for additional support.

ROLE OF THE SOCIAL WORKER

Initial Assessment:

- The social worker meets with Holly and Jordon to discuss their concerns, including housing, finances, and parenting readiness.
- A comprehensive assessment is conducted to identify their strengths and areas needing support, such as childcare planning and emotional wellbeing.

Developing a Support Plan:

- A tailored plan is created to address their immediate and long-term needs, including accessing benefits and securing stable housing.
- Parenting classes are recommended to help Holly and Jordon build confidence in their new roles.

Resource Connection:

- The social worker helps the couple apply for financial assistance, such as child benefit and housing support.
- Referrals are made to local organisations offering baby supplies, counselling, and young parent support groups.

Through personalised support and practical interventions, the social worker helps Holly and Jordon navigate the challenges of young parenthood, fostering a positive and secure start for their growing family.

Emotional and Practical Support:

- Regular meetings are held to provide guidance and reassurance as the couple prepares for parenthood.
- The social worker facilitates communication between Holly, Jordon, and their families to create a supportive environment.

Monitoring and Follow-Up:

- The social worker maintains contact with Holly and Jordon after the baby's birth to ensure they have access to the resources they need.
- Adjustments are made to the support plan as their situation evolves, promoting stability and wellbeing for the family.



Key terms you may be unfamiliar with

Fostering	Providing a temporary home for children who cannot live with their families.
Safeguarding	Protecting vulnerable individuals from abuse, neglect, or exploitation.

DOMICILIARY CARE WORKER



ROLE

Domiciliary care workers provide personal care and support to individuals in their own homes, enabling clients to maintain independence and improve their quality of life. Their responsibilities include:

Personal care: Assisting with bathing, dressing, and grooming.

Medication administration: Ensuring clients take prescribed medications safely and on time.

Meal preparation: Preparing nutritious meals to meet dietary needs.

Household tasks: Supporting with light cleaning, laundry, and other daily chores.

Companionship: Offering emotional support and reducing feelings of isolation.

Monitoring health: Reporting changes in a client's condition to healthcare professionals.

HOW THEY MEET NEEDS

Tailored care plans: Developing support strategies based on individual preferences and requirements.

Safety and wellbeing: Ensuring a safe home environment and promoting overall health.

Collaboration: Working closely with families, healthcare providers, and social workers to deliver coordinated care.

Empowerment: Encouraging clients to maintain as much independence as possible in their daily lives.

SETTINGS THEY WORK IN

Clients' residences: Offering one-on-one support in the comfort of the client's home.

Community settings: Assisting clients with errands, appointments, or social activities.



POPULATION GROUPS THEY WORK WITH

Elderly individuals: Helping with age-related challenges such as reduced mobility or chronic illnesses.

People with disabilities: Assisting with activities of daily living to enhance independence.

Individuals with chronic illnesses: Managing needs related to conditions like diabetes or multiple sclerosis.

Post-hospital patients: Providing short-term care during recovery at home.

DOMICILIARY CARE WORKER

Supporting an Adult with Paralysis After an Accident

CASE SUMMARY

Femi, a 34-year-old man, sustained a spinal cord injury in a car accident, resulting in partial paralysis. He now uses a wheelchair and requires assistance with daily tasks. Femi lives with his wife and while he values his independence, he is struggling with some aspects of his new routine.

ROLE OF THE DOMICILIARY CARE WORKER

Initial Assessment:

- The care worker reviews Femi's care plan, noting his specific needs, such as assistance with transfers between bed and wheelchair, wheelchair and toilet/bath, and managing his medication.
- They discuss Femi's goals, including maintaining independence and returning to work part-time.

Personal Care and Daily Assistance:

- The care worker helps Femi with bathing, dressing, and managing his personal hygiene.
- On weekdays when his wife is at work, meals are prepared based on Femi's dietary preferences and nutritional needs.

Household Support:

- The care worker assists with light cleaning, laundry, and organising Femi's living space to ensure it remains wheelchair-accessible.
- They accompany Femi on errands and appointments, providing additional support as needed.

Through consistent and compassionate care, the domiciliary care worker helps Femi adapt to his new circumstances, enabling him to lead a fulfilling and independent life while receiving the support he needs.

Emotional and Social Support:

- The care worker offers companionship, engaging in meaningful conversations to reduce feelings of isolation now he is not working.
- They encourage Femi to pursue hobbies and maintain social connections, helping him participate in community activities.

Monitoring and Reporting:

- The care worker monitors Femi's health, noting any changes in his condition or concerns about his emotional wellbeing.
- Regular updates are shared with Femi's healthcare team to ensure his care plan remains effective.



RESIDENTIAL CARE WORKER



ROLE

Residential care workers support residents in care homes with daily living activities to promote independence and enhance their quality of life. Their responsibilities include:

Personal care: Assisting with bathing, dressing, grooming, and mobility.

Meal assistance: Helping residents with eating or preparing meals for those with dietary needs.

Medication management: Ensuring residents take their prescribed medications as directed.

Social engagement: Organising and supporting recreational and social activities to reduce isolation and encourage participation.

Safety monitoring: Maintaining a secure and comfortable environment, addressing risks such as falls or health emergencies.

Emotional support: Building relationships with residents to provide comfort and reassurance.

HOW THEY MEET NEEDS

Individualised care plans: Tailoring support to each resident's unique needs and preferences.

Promoting independence: Encouraging residents to participate in daily tasks where possible.

Engaging activities: Providing opportunities for social interaction, creative expression, and physical activity.

Collaborative care: Working with healthcare professionals and families to ensure holistic support.

Advocacy: Representing residents' interests and ensuring their voices are heard.

SETTINGS THEY WORK IN

Residential care facilities: Homes that provide accommodation and care for individuals who cannot live independently.

Specialist units: Settings tailored for specific needs, such as dementia care or physical disabilities.



POPULATION GROUPS THEY WORK WITH

Elderly individuals: Supporting those with age-related challenges, such as mobility issues or cognitive decline.

People with disabilities: Assisting with daily living tasks and fostering independence.

Individuals with chronic illnesses: Managing ongoing health needs in a supportive environment.

Couples: Facilitating shared care plans to support both partners within the same facility.

RESIDENTIAL CARE WORKER

Supporting an Older Couple Living in a Residential Care Home

CASE SUMMARY

Gianni (82) and Isabella (80), a married couple, recently moved into a residential care home due to Gianni's mobility challenges and Isabella's early-stage dementia. They wish to remain together while receiving the support they need for their daily activities.

ROLE OF THE DOMICILIARY CARE WORKER

Initial Assessment:

- The care worker reviews their individual care plans, noting Gianni's need for mobility aids and Isabella's memory support requirements.
- They engage the couple in discussions to understand their preferences and routines, ensuring their move is as smooth as possible.

Daily Assistance:

- Gianni is assisted with transfers from bed to chair, or to the toilet/bath using a hoist, and the care worker helps him with grooming and dressing.
- Isabella receives reminders and guidance to complete tasks, such as selecting clothes or attending meals.

Social Engagement:

- The care worker encourages Gianni and Isabella to participate in group activities, such as music therapy and gardening, which they can enjoy together.
- They facilitate social interactions with other residents, fostering a sense of community.

Through compassionate care and a tailored approach, the residential care worker helps Gianni and Isabella maintain their independence and enjoy a fulfilling life together in the care home.

Health and Safety Monitoring:

- The care worker ensures Gianni's mobility equipment is used safely and that Isabella's environment is structured to reduce confusion.
- Medications are administered at the appropriate times, with close attention to any side effects or changes in health.

Emotional Support:

- Regular conversations with Gianni and Isabella provide emotional reassurance, helping them adapt to their new surroundings.
- The care worker works closely with their family to keep them informed and involved in their care.



Key terms you may be unfamiliar with

Hoist

An assistive device used to lift individuals with limited mobility safely.

MobilityAids/Equipment

Tools like wheelchairs or walking aids that help individuals move around safely.

COMMUNITY SUPPORT WORKER

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ROLE

Community support workers assist individuals in their daily lives, promoting independence and improving their quality of life. Their responsibilities include:

Personalised support: Providing care tailored to the unique needs of each individual.

Daily living assistance: Helping with tasks such as cooking, cleaning, and shopping.

Emotional support: Building trust and offering reassurance to address emotional or social challenges.

Skills development: Encouraging independence by teaching life skills, such as budgeting or using public transport.

Advocacy: Supporting individuals in accessing services and ensuring their rights are upheld.

Crisis intervention: Responding to emergencies and providing immediate assistance or guidance.

HOW THEY MEET NEEDS

Individualised care plans: Developing strategies that align with personal goals and preferences.

Empowering independence: Encouraging clients to take an active role in their daily lives.

Promoting social connections: Facilitating interactions with peers and community members.

Coordinating services: Liaising with healthcare professionals, social workers, and families to ensure comprehensive support.

Monitoring progress: Regularly reviewing care plans to adapt to changing needs and priorities.

SETTINGS THEY WORK IN

Assisted living facilities: Offering structured support for individuals with specific needs.

Clients' homes: Providing one-on-one assistance in familiar settings.

Community settings: Accompanying individuals to appointments, social activities, or educational opportunities.



POPULATION GROUPS THEY WORK WITH

Individuals with disabilities: Supporting physical, intellectual, or sensory needs.

People with mental health challenges: Assisting with managing conditions and promoting wellbeing.

Older adults: Helping with age-related difficulties to maintain independence.

Children and young adults: Encouraging personal growth and social inclusion.

COMMUNITY SUPPORT WORKER

Supporting a Woman in Her 20s with Autism in Assisted Living

CASE SUMMARY

Emaya, a 23-year-old woman with autism, lives in an assisted living facility where she receives daily visits from her community support worker. Emaya struggles with social interactions and managing household tasks but is eager to develop her independence.

ROLE OF THE COMMUNITY SUPPORT WORKER

Daily Assistance:

- The support worker helps Emaya with meal planning and preparation, ensuring her dietary needs and preferences are met.
- Assistance is provided with household chores, such as laundry and tidying her living space, while encouraging Emaya to participate.

Social and Emotional Support:

- The worker builds a trusting relationship with Emaya, offering a safe space to discuss her feelings and concerns.
- They accompany Emaya to social groups and community activities, helping her navigate interactions and build confidence.

Skill Development:

- The support worker teaches Emaya practical skills, such as budgeting for groceries and using public transport.
- Strategies are introduced to help Emaya manage anxiety in challenging situations, such as creating visual schedules or using relaxation techniques.

Advocacy and Coordination:

- The worker ensures Emaya's voice is heard during care reviews and advocates for adjustments to her support plan when necessary.
- They liaise with Emaya's family and healthcare team to ensure her needs are consistently met.

Monitoring and Adapting Support:

- The support worker regularly evaluates Emaya's progress, celebrating achievements and identifying areas where additional help may be needed.
- Feedback is used to refine Emaya's care plan, promoting ongoing growth and independence.

Through consistent and compassionate care, the community support worker empowers Emaya to build confidence, develop new skills, and achieve greater independence while maintaining a supportive safety net.



Key terms you may be unfamiliar with

Advocacy

The act of supporting or representing an individual or group to ensure their voice is heard and their rights are upheld, often in healthcare, legal, or social service contexts.

PSYCHOLOGIST



ROLE

Psychologists study mental processes and behaviour, providing therapy to address psychological issues and improve mental wellbeing. Their responsibilities include:

Conducting assessments: Evaluating mental health through interviews, observations, and psychological tests.

Providing psychotherapy: Using evidence-based approaches, such as cognitive behavioural therapy (CBT) and psychodynamic therapy, to help clients address challenges.

Developing treatment plans: Tailoring interventions to the individual's needs, goals, and circumstances.

Promoting mental health: Offering strategies and tools to enhance coping skills and resilience.

Research and education: Conducting studies to advance understanding of mental health and training others in psychological practices.

Collaboration: Working with multidisciplinary teams, including psychiatrists, social workers, and teachers, to ensure holistic care.

HOW THEY MEET NEEDS

Comprehensive evaluations: Identifying underlying issues through detailed assessments.

Therapeutic interventions: Implementing tailored therapies to address mental health concerns.

Skill development: Teaching techniques to manage stress, regulate emotions, and build resilience.

Preventative care: Providing education and strategies to reduce the risk of mental health problems.

Supportive care: Creating a safe and empathetic space for clients to explore their thoughts and feelings.

Collaboration: Coordinating care with other professionals to address complex needs.

SETTINGS THEY WORK IN

Hospitals: Supporting patients with acute or chronic mental health needs.

Private practices: Offering one-on-one therapy and assessments.

Schools: Assisting students with learning difficulties, emotional challenges, or behavioural issues.

Community organisations:

Providing accessible mental health support in local settings.



POPULATION GROUPS THEY WORK WITH

Children and adolescents: Addressing developmental, behavioural, and emotional issues.

Adults: Supporting individuals experiencing stress, anxiety, depression, or other mental health conditions.

Older adults: Helping with age-related challenges, such as cognitive decline or grief.

Families and couples: Facilitating improved communication and resolving conflicts.

Individuals with specific needs: Supporting those with trauma, addictions, or neurodevelopmental conditions.

PSYCHOLOGIST

Supporting an Adult Male with Work-Related Anxiety

CASE SUMMARY

Jamil, a 35-year-old project manager, seeks help from a psychologist due to increasing anxiety related to his demanding job. He experiences difficulty sleeping, frequent headaches, and feelings of being overwhelmed, which are affecting his performance at work and relationships at home.

ROLE OF THE PSYCHOLOGIST

Initial Assessment:

- The psychologist conducts a thorough evaluation, discussing Jamil's work environment, coping mechanisms, and personal history.
- Standardised tools, such as anxiety questionnaires, are used to assess the severity of his symptoms.

Therapeutic Intervention:

- Jamil begins cognitive behavioural therapy (CBT) to identify and challenge negative thought patterns contributing to his anxiety.
- Relaxation techniques, such as deep breathing and mindfulness exercises, are introduced to manage stress.

Skill Development:

- The psychologist helps Jamil develop time management strategies and prioritisation techniques to reduce work-related pressure.
- Communication skills are practised to enable Jamil to assertively express his needs and set boundaries at work.

Through tailored therapy and consistent support, the psychologist helps Jamil regain control over his anxiety, improve his work-life balance, and enhance his overall wellbeing.

Emotional Support:

- Weekly sessions provide a safe space for Jamil to explore underlying concerns, such as perfectionism and fear of failure.
- The psychologist fosters a supportive relationship, encouraging Jamil to build self-confidence.

Monitoring Progress:

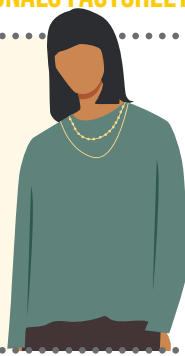
- Regular reviews track Jamil's progress, adjusting the therapy plan as needed.
- Jamil reports improved sleep patterns, reduced headaches, and greater ability to manage workplace challenges.



Key terms you may be unfamiliar with

Cognitive Behavioural Therapy (CBT)	A type of therapy that helps individuals identify and change negative thought patterns and behaviours.
Psychodynamic Therapy	A therapeutic approach that explores how past experiences influence current behaviour and feelings.
Standardised Tools	Assessment instruments used to measure psychological conditions, such as anxiety or depression.

COUNSELLOR



ROLE

Counsellors work with individuals experiencing emotional and psychological difficulties, providing a safe and confidential environment to explore feelings, thoughts, and behaviours. Their responsibilities include:

Active listening: Offering a non-judgemental space for clients to share their concerns.

Therapeutic interventions: Using techniques such as cognitive behavioural therapy (CBT), person-centred therapy, or mindfulness to address specific challenges.

Goal setting: Helping clients identify and work towards personal goals for emotional and psychological wellbeing.

Coping strategies: Teaching techniques to manage stress, anxiety, and other challenges effectively.

Empowering clients: Supporting individuals in understanding themselves better and making positive changes in their lives.

HOW THEY MEET NEEDS

Personalised care: Tailoring therapeutic methods to meet individual needs.

Building resilience: Encouraging clients to develop skills for managing future challenges.

Improving communication: Helping clients express their emotions effectively and build better relationships.

Promoting self-awareness: Guiding clients to understand their behaviours and thought patterns.

Collaborative planning: Working with clients to set achievable goals and track progress.

SETTINGS THEY WORK IN

Hospitals: Assisting patients coping with medical diagnoses or mental health challenges.

Schools and universities: Supporting students with academic, social, or emotional difficulties.

Private practices: Offering one-on-one therapy sessions tailored to individual needs.

Community organisations: Providing accessible counselling services to vulnerable populations.

Online platforms: Delivering remote therapy through video or phone sessions.

POPULATION GROUPS THEY WORK WITH

Children and adolescents: Addressing developmental, emotional, or social challenges.

Adults: Supporting individuals dealing with stress, anxiety, depression, or relationship issues.

Older adults: Helping with grief, loss, or age-related transitions.

Individuals with specific needs: Assisting those facing trauma, addiction, or mental health conditions.



COUNSELLOR

Supporting an 18-Year-Old with a Drug and Alcohol Counsellor

CASE SUMMARY

Sam, an 18-year-old, seeks support from a drug and alcohol counsellor after recognising that their substance use is affecting their relationships and academic performance. Sam has been using alcohol and cannabis to cope with stress but feels ready to make changes.

ROLE OF THE PSYCHOLOGIST

Initial Assessment:

- The counsellor conducts a thorough assessment to understand Sam's substance use patterns, triggers, and emotional state.
- They explore Sam's motivations for change and identify their goals for therapy.

Therapeutic Intervention:

- The counsellor uses motivational interviewing techniques to help Sam explore the reasons behind their substance use and strengthen their commitment to change.
- Cognitive behavioural therapy (CBT) is introduced to address negative thought patterns and develop healthier coping mechanisms.

Coping Strategies:

- Sam learns practical techniques for managing stress, such as mindfulness exercises and journaling.
- The counsellor helps Sam develop a relapse prevention plan, identifying high-risk situations and alternative behaviours.

Through empathetic and structured support, the drug and alcohol counsellor helps Sam gain control over their substance use, improve their mental health, and build a foundation for a healthier future.

Supportive Environment:

- The counsellor provides a safe space for Sam to discuss their feelings of guilt and fear of judgement.
- Encouragement and validation are offered to build Sam's confidence in their ability to make positive changes.

Monitoring Progress:

- Regular sessions track Sam's progress, celebrating small achievements and addressing challenges.
- The counsellor adjusts the treatment plan as needed, ensuring it remains aligned with Sam's evolving goals.



Key terms you may be unfamiliar with

Motivational Interviewing	A counselling method that helps clients resolve ambivalence about making positive changes.
Relapse Prevention Plan	A strategy designed to help individuals avoid returning to unhealthy habits or behaviours.

YOUTH WORKER



ROLE

Youth workers support the personal, social, and educational development of young people, helping them reach their full potential. Their responsibilities include:

Guidance and mentorship: Offering advice and support to help young people navigate challenges.

Activity coordination: Planning and leading activities that promote skills, confidence, and self-esteem.

Advocacy: Representing the interests of young people and ensuring their voices are heard.

Relationship building: Creating trusting and respectful connections to foster engagement.

Supportive interventions: Addressing issues such as bullying, mental health, or risky behaviours.

HOW THEY MEET NEEDS

Life skills development: Teaching communication, teamwork, and decision-making skills.

Social inclusion: Promoting participation in community activities and fostering peer relationships.

Education and employment support: Assisting with career planning, CV writing, and job applications.

Risk reduction: Providing information and interventions on issues like substance misuse and peer pressure.

Empowering voices: Encouraging young people to express themselves and contribute to society positively.

SETTINGS THEY WORK IN

Youth centres: Providing a safe space for recreational and developmental activities.

Schools: Supporting students with academic and personal challenges.

Community projects: Engaging young people in local initiatives and outreach programmes.

Charitable organisations: Working on projects targeting specific needs, such as homelessness or substance misuse.

POPULATION GROUPS THEY WORK WITH

Adolescents, 11 to 18 years: Helping them navigate personal and educational transitions.

Young adults, 19 to 25 years: Assisting with employment, higher education, and independent living skills.

Marginalised groups: Providing focused support for those facing social or economic disadvantages.



YOUTH WORKER

Supporting a 14-Year-Old with a Vaping Habit

CASE SUMMARY

Felix, a 14-year-old, is referred to a youth worker by his school after teachers notice his excessive use of a vape and claims from peers he is stealing money to support his habit. Felix admits he started vaping because of peer pressure and now finds it hard to stop. His parents are concerned but unsure how to help.

ROLE OF THE YOUTH WORKER

Building Trust:

- The youth worker creates a non-judgemental space for Felix to discuss his vaping habit and the reasons behind it.
- Through open conversations, they build a trusting relationship, encouraging Felix to share his feelings and challenges.

Providing Education:

- The youth worker educates Felix about the health risks associated with vaping, including its addictive nature.
- They provide resources and information tailored to Felix's age and understanding.

Skill Development:

- Felix is taught techniques to resist peer pressure, such as assertive communication and finding alternative ways to fit in with friends.
- The youth worker helps Felix explore hobbies and interests that promote positive self-esteem.

Engaging the Family:

- The youth worker involves Felix's parents in discussions, offering guidance on how to support him at home without being punitive.
- They recommend family activities that strengthen their bond and provide a supportive environment for Felix.

Monitoring Progress:

- Regular check-ins are scheduled to track Felix's progress, celebrate small victories, and address setbacks.
- The youth worker adjusts their approach as needed, ensuring Felix remains engaged and motivated.

Through consistent support and practical strategies, the youth worker helps Felix reduce his reliance on vaping, build healthier habits, and develop the confidence to make positive life choices.



Key terms you may be unfamiliar with

Assertive Communication	A way of expressing thoughts and feelings confidently without being aggressive.
Life Skills Development	Training provided to enhance communication, problem-solving, and decision-making abilities.
Outreach Programme	Initiatives that engage young people in their communities, often targeting those who are hard to reach or at risk.

SOCIAL PRESCRIBER



ROLE

Social prescribers connect individuals to non-clinical services within the community to address social, emotional, and practical needs that affect health and wellbeing. Their responsibilities include:

Personalised support: Understanding each client's unique circumstances and focusing on "what matters to me."

Care planning: Developing tailored plans to link clients with appropriate community resources.

Community engagement: Building strong networks with local organisations to offer diverse support options.

Holistic guidance: Addressing a wide range of needs, including social isolation, mental health, and lifestyle changes.

Empowerment: Encouraging individuals to take control of their health and wellbeing.

HOW THEY MEET NEEDS

Resource connection: Linking clients to community activities, such as exercise classes, support groups, and creative workshops.

Wellbeing improvement: Encouraging positive lifestyle changes to enhance physical and mental health.

Collaboration: Working with healthcare professionals, local councils, and community groups to ensure comprehensive support.

Empathetic communication: Providing a safe space for clients to express their concerns and explore solutions.

Goal setting: Helping clients identify achievable objectives and tracking progress over time.

SETTINGS THEY WORK IN

Primary care networks: Collaborating with GPs and healthcare teams in surgeries and clinics.

Community organisations: Partnering with local groups to provide tailored support.

Charitable organisations: Assisting underserved populations through outreach programmes.



POPULATION GROUPS THEY WORK WITH

Individuals with long-term conditions: Enhancing their quality of life through community engagement and lifestyle improvements.

People experiencing mental health challenges: Providing non-clinical solutions to reduce stress and improve coping skills.

Socially isolated individuals: Promoting inclusion and connection through group activities and support networks.

Those facing practical difficulties: Addressing issues like housing, financial insecurity, or unemployment.

SOCIAL PRESCRIBER

Supporting an Adult in Their 30s with Obesity and Sedentary Behaviours

CASE SUMMARY

Yasira, a 34-year-old woman, is referred to a social prescriber by her GP due to concerns about her weight and lack of physical activity. Yasira works from home and struggles with low energy levels, which have impacted her confidence and social life. She is motivated to make changes but feels overwhelmed about where to start.

ROLE OF THE SOCIAL PRESCRIBER

Initial Assessment:

- The social prescriber meets with Yasira to discuss her goals, barriers, and motivations for change.
- They explore Yasira's interests and preferences to identify suitable community resources.

Personalised Care Plan:

- A tailored plan is created, focusing on gradually increasing Yasira's activity levels and improving her diet.
- Yasira is introduced to a local walking group and a healthy cooking class.

Community Connections:

- The social prescriber connects Yasira to a local gym offering affordable memberships for beginners and women-only classes.
- They also provide information on mindfulness workshops to address Yasira's stress and improve her overall wellbeing.

Through empathetic and practical support, the social prescriber helps Yasira develop healthier habits, build social connections, and regain confidence, significantly improving her quality of life.

Ongoing Support:

- Regular check-ins are scheduled to monitor Yasira's progress and adjust her plan as needed.
- The social prescriber provides encouragement and celebrates Yasira's milestones, such as attending her first group activity.

Empowering Independence:

- The social prescriber helps Yasira build confidence in making sustainable lifestyle changes and setting realistic goals.
- Yasira is encouraged to gradually take charge of her health journey, supported by her new community connections.



Key terms you may be unfamiliar with

Community Engagement	Involvement in activities and networks within a local area to foster social connections and wellbeing.
Holistic Guidance	A comprehensive approach that considers physical, emotional, and social factors in addressing health and wellbeing.
Primary Care Networks	Groups of general practices working together to offer a wide range of healthcare services to their local communities.