

MCH, Client (MCH1000) Case Study

This is a case study from Jonesville County Health Dept. Jonesville HD is the only health department in Jonesville County. The HD provides a variety of PH services to the 65,000 community, including Prenatal Case Management Program, WIC, BCMH, TB clinic, and other services.

Client is a single 44-year old Caucasian female who lives with her 6-year-old son Daniel who has special health care needs. The 6 year old was born with medical problems which have been on-going. Client and her son moved to the community 2 weeks ago. She moved here to escape a violent home situation. She states “my husband started hitting me when he lost his job because he was diagnosed with TB.”

She and her son currently live with her sister and her 10-year-old niece in her sister’s 2 bedroom apartment. Client is a former waitress who is now unemployed. The only health care provider she has seen since moving here is a physician at the local hospital’s prenatal clinic. Client and her son were on Medicaid in the state where they lived before moving here, but she has not yet signed up for any assistance for herself or her son since moving here.

Client is 33 weeks pregnant. She has gained 4 pounds during this pregnancy. She was referred by her ob-gyn to the local health department’s prenatal case management program. David Smith has been a PHN assigned to the program for 5 years. He is making his first visit to MCH since the referral. MCH’s amniocentesis was normal. During her assessment, the PHN learns that she has been eating a well-balanced diet for a pregnant woman, and she takes her prenatal vitamin regularly after breakfast. Client states she feels “occasional uterine tightening” mainly before she has a bowel movement or has to urinate.

She also takes Synthroid for her hypothyroidism, which is well controlled through medication. The nurse notes that she has some edema both ankles, and she shows the nurse a fact sheet for the low-salt diet that the ob-gyn has prescribed for her. She has several questions about the diet. The only other relevant medical history item is that she does have occasional headaches, and her doctor that she saw in her previous community told her she could take Sudafed 30 mg as needed.