

The history about the health issues social work essay



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Mental Illness is a potential health issue for Steven. Aboriginal youth are confronted by many challenges that may inhibit the achievement of life goals. The impact of past policies and practices weighs heavily on many affected families and as a result young people such as Steven are living in social contexts that are not conducive to his health and wellbeing (Thackrah, Scott & Winch 2011). Studies have suggested that about 20 percent of aboriginal and youth have diagnosable mental health issues (Thackrah, Scott & Winch 2011). According to Thackrah, Scott & Winch (2011), more recent evidence indicate that emotional and behavioural difficulties are likely to be found in this cohort which impact on their potential for learning which explains why Steven left school when he was in Year 10. The lack of contact with family members and role modelling may cause depression, psychosis and other conditions. Steven is also unemployed and he is exposed to tremendous stress and anxiety. Hence Steven may feel worried, unsettled and nervous, and inevitably tries to relieve these uncomfortable states with drugs and alcohol. Steven may become physically and this will affect his social, physical and personal health (Eckermann et al. 2010). Thackrah, Scott & Winch (2011) stated that education is linked to enhanced health information and knowledge, and also to employment prospects. Due to the lack of education, it can be very challenging for Steven to find a job and this will severely impact on his self esteem and confidence. Social isolation has been identified as a major risk factor for mental illness, with most research indicating that the decrease of traditional social support networks is likely to exacerbate the effects of stress and psychological behaviours (Blackmen 2010)

Using the health issue selected in Question 1; conduct research on one (1) specific ATSI Government program / initiative for this health issue. Describe how this program / initiative may be accessed and utilised by Steven to improve their health, and therefore enhance their long-term health outcomes.

Headspace is Australia's National Youth Mental Health Foundation (Department of Health and Ageing 2010). According to National Youth Mental Health Foundation (2011), Headspace sites are located all over Australia, giving Indigenous and non-Indigenous youth aged 12-25 access to mental health services designed specifically for them. Headspace is funded by the Australian Government Department of Health and Ageing under the Youth Mental Health Initiative Program as stated by Department of Health and Ageing (2010). Headspace provides services that are welcoming to Aboriginal and Torres Strait Islander young people and are culturally safe (National Youth Mental Health Foundation 2011). One of the headspace centres is located in Glenroy which is located in northern suburb in Melbourne where Steven could access the organisation. Headspace in Glenroy is focused on providing an entry point for young people like Steven to access a broad range of services that are available in their local community (National Youth Mental Health Foundation 2011). Steven can visit the Headspace centre in Glenroy where he will meet psychologists, social worker and other health professionals to improve his health. The psychologists and health professionals will initially be the first point of contact where they will do an assessment and history taking (National Youth Mental Health Foundation 2011). The team will then develop a holistic program to improve his health and well being. National Youth Mental Health <https://assignbuster.com/the-history-about-the-health-issues-social-work-essay/>

Foundation (2011) states that Headspace provides a youth-friendly, community-based health service for young people and their families. Steven will be able to receive help for health, education, work, mental health and alcohol and other drug issues. There is a range of workers available at the centre who has specific expertise in mental illness regarding Aboriginal and Torres Strait Islander young people such as Steven. In the long term, Steven will be able to finish his education and hence find an employment which will help him to become independent. Headspace will exposed Steven to a range of positive life events that can impact upon his plans for the future. These positive events will enhance his physical and mental status and increase his chances of leading a fulfilling life.

3. Communication:

Select one (1) example from the following list; then discuss how this strategy can assist the Enrolled Nurse to acquire and / or use cultural understanding and awareness, when working with ATSI patients or colleagues. (250 words)

I chose the ATSI health workers as a strategy to assist the Enrolled nurse when working with ATSI patients or colleagues. Aboriginal and Torres Strait Islanders Health Workers are integral to bridging the cultural divide between the nurse and Indigenous patients or colleagues (Eckermann et al. 2010). Aboriginal and Torres Strait Islanders Health Workers use communication strategies which is a process that involves listening and reciprocating communication which will help the Enrolled Nurse during the initial assessment (Blackmen 2010). Aboriginal and Torres Strait Islanders Health Workers can ensure Indigenous patients are fully informed of procedures and

ameliorate direct patient contact, and offer cultural training and practical, hands-on knowledge for non-Indigenous Enrolled Nurses. According to Eckermann et al. (2010), effective communication between non-indigenous staff and indigenous staff lies at the heart of effective patient care, and the adoption of the communication strategies by the Enrolled Nurse can improve health outcomes for Indigenous patients. The Aboriginal and Torres Strait Islanders Health Workers will develop communication tools for the Enrolled nurse to increase their awareness and cultural understanding of the Aboriginal and Torres Strait Islanders (Blackman 2010). Aboriginal and Torres Strait Islanders health workers working closely with both the patient and that the Enrolled Nurse is clear about the symptoms, personal and medical history of the patient and that they understand the diagnosis, treatment and health care advice (Blackman 2010). Using an Aboriginal and Torres Strait Islanders health workers will help the Enrolled Nurse to assist the Aboriginal and Torres Strait Islander communities in taking an active role in managing their health and lifestyles (Blackman 2010).

4. Self-Reflection:

Describe / explain how studying this Unit, and acquiring relevant knowledge has enhanced / confirmed / changed your perception / attitude towards cultural issues / sensitivity / awareness, and how it could assist you to work effectively with ATSI patients or colleagues.

Aboriginal and Torres Strait Islander peoples are culturally and linguistically diverse. Misinterpretation and misdiagnosis can easily occur due to cultural and language differences and misplaced expectations by the nurse. After studying this unit I can now think critically about the health of Indigenous
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and Torres Strait Islanders and assist in improving circumstances by developing partnerships with the patient and their communities. This is essential to recognise and respect traditional health beliefs and traditional healers. I also learned that when communicating with Aboriginal Torres Strait Islanders, it very important to be sensitive to the language they speak using their body, hands and feet. They are good indicators to know whether the patient feels safe and comfortable. As I embark on a career in the caring profession with a desire to do good and to provide the best health care, I believe that personal acknowledgement and partnerships can work together to make a difference in working effectively with Aboriginal and Torres Strait Islanders patients and colleagues. This unit has helped me to find out where I could access information and resources when nursing ATSI patients. I will also use the communication techniques that I have learned in this unit when communicating with ATSI community and show respect according to their norms and values.