

Case study example

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Underserved Populations al Affiliation) Underserved Populations As a nurse practicing at a local homeless shelter and venturing out into the neighborhood to deliver immunizations/medications for communicable diseases, I have very vulnerable clients. People living in the rural areas, the elderly, children, women, and the poor are the most vulnerable clients of a communicable disease (Harkness & DeMarco, 2015). The elderly and children have low immunity to fight the virus of these diseases. The poor cannot afford a healthy living and health care costs for preventing or reducing the incidence of communicable diseases. Moreover, the children and women expose themselves to environments that foster the spread of communicable diseases.

The Health Resources and Services Administration (HRSA) might influence my neighborhood's need by enhancing the access to health care for the vulnerable clients especially the uninsured and destitute patients (Harkness & DeMarco, 2015). Moreover, the HRSA makes positive contributions in health care delivery that might involve establishing long-term and sustainable programs that address neighborhood's health care need. HRSA might also influence my neighborhood's need by training and developing more health professionals to gain sufficient skills to address health needs of the poor in an efficient and cost effective manner.

I must develop a plan to address care costs for my clients. The plan will include encouraging and helping the clients to claim all their health benefits. It also includes urging clients to apply for NHS-funded care that caters for all care costs (Harkness & DeMarco, 2015). I will also advice the clients to purchase " care fees annuity" that will ensure that they receive guaranteed

income for life. Moreover, clients should adopt preventive care that entails visiting the doctor for physical and medical check-up that reduces health care costs for the entire family. Clients can also perform self-exams, eat healthy foods, and exercise regularly to improve their immunity. I would also encourage my clients to visit state-sponsored health facilities and negotiate health prices.

Reference

Harkness, G., & DeMarco, R. (2015). *Community and Public Health Nursing: Evidence for Practice*. New York: Lippincott Williams & Wilkins.