

Individual  
determinants of  
health a 600-word  
individual writing  
piece



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Individual Determinants of Health The two behaviours which I believe would prove to be most challenging in this case is Tom's stressed and depressed behaviour. His stressed state is a challenge because it would make it difficult for me to concentrate and redirect his thoughts and his energy towards the rehabilitative process. It would be impractical on my part to reassure him not to worry about his wife and his son while he is temporarily not working. I cannot honestly reassure him that his family would do well without him. It is nevertheless undeniable that while he is continually worried about them, his road to recovery would be further slowed down. This stressed behaviour would also prove to be a challenge because it might prompt him to be reckless in his behaviour - wanting to find a shorter and faster way to recover from his injuries so that he can get back to work and take care of his family. Reckless behaviour may include attempting to speed up the rehabilitative process and gaining independence in the conduct of his daily activities - even if he cannot function independently as yet. This would put him at risk for further injuries like falls.

I also believe that Tom's depression would prove to be a great challenge for me as a human services professional. The rehabilitative and recovery process requires a strong will and determination in most patients. Although Tom is obviously worried about his family, he also displays depressed and sad behaviour. His situation and the fact that he is unable to support his family is a source of depression for him. He feels incapacitated by his condition and these conditions will further slow his recovery. His depression would make him feel like he is useless to his family and would drain him of energy and fighting spirit. His lack of social interaction with his friends due to his limited mobility would certainly not give him strength and motivation to

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help himself recover from his injury.

I would prevent Tom's stressed behaviour from impacting on me working effectively with him by meeting with his family and to let them know about Tom's worries. I would also coordinate with his work employers and seek some reassurances from them about Tom's work and how his family can be assisted while Tom is not working. By taking away his worries about his family, he would be able to free his mind and just concentrate on the rehabilitative and recovery process. It would make him less anxious and less stressed about his life and consequently would allow his full concentration and cooperation in the recovery process. I can also teach him relaxation exercises and activities, depending on his preferred relaxation activities.

I would prevent Tom's depressed behaviour from impacting on me working effectively with him by finding ways in bringing him to social activities in the community. Through these socialization activities, he may not feel so isolated from other people; instead, he would have more time to relate and socialize with others. I would also prevent Tom's behaviour from impacting on his rehabilitative process by simply listening to him. Tom may just need someone to listen to him - to his worries and his emotional concerns. I can also lessen the impact of his behaviour by encouraging more frequent visits from his friends in order to lessen his depression. I can also teach him to gain independence in his activities. I can ask the family to make their decisions with him, as if Tom is not injured at all. This would help minimize his feelings of depression and isolation.