

Social Work and Nurse Collaboration: A Case Study

Julie Hayman, RN

Christi Humphrey, LCSW

The Case

- ▶ Identical twin 4-year-old white males.
 - ▶ Living with Mother and two older sisters in an apartment in a rural community.
 - ▶ Family requested assistance to become independent with infusion to improve medical outcomes.
-
- ▶ There were challenges for the family....

Significant Family Stress

- ▶ Limited Family support
 - ▶ Father is not in the picture and parents have a strained relationship.
- ▶ Transition of employment
 - ▶ Fired from full time job.
 - ▶ Starting self-employment.
- ▶ Family experienced a child's death related to bleeding disorder
 - ▶ Mother has profound fear response related to any bleeding symptoms.
- ▶ Mother had limited infusion training.
 - ▶ Busy schedule.
 - ▶ Fear response to infusion.
- ▶ Medicaid
 - ▶ Two different CMOs assigned.
- ▶ Two different factor companies
 - ▶ One provided nurse and other did not.
 - ▶ Nursing service would only meet at an Atlanta based family member's home.
 - ▶ Nurse would only meet during business hours.
- ▶ Children's behavior was inconsistent during infusion.

Steps to Change

- ▶ Mother requested assistance in independence for family from MSW.
- ▶ Mother attempted to consolidate to one CMO. Unsuccessful.
 - ▶ followed up with referral to Children's Medical Services
 - ▶ exempt children out the CMO system and to obtain consistency in Medicaid.
- ▶ Mother transitioned to HoG as she was not satisfied with home care provider and nursing services.
- ▶ MSW provided groundwork for Mother to work on her needle phobia and determine long range goals for family improvement.
 - ▶ Mother was open and agreeable to work on her issues with infusion.

Nursing Services

- ▶ 4 nursing visits to attempt to educate Mother and teach infusion
 - ▶ Mother's attendance was sporadic based on schedule.
 - ▶ Increasing reaction to infusion process during the sessions for one child.
 - ▶ Other child was becoming more cooperative as he became more familiar with HoG nurses.
 - ▶ Mom was learning to infuse BUT struggled to be assertive with the one that was resisting, reinforcing his behaviors
 - ▶ Mom's anxiety was increasing and she was losing hope
 - ▶ Nurse updated SW and requested joint visit

The Research

- ▶ Fear of Needles is common
 - ▶ 22% of people in the general population have a fear of needles.
 - ▶ Fear of needles creates health care avoidance.
 - ▶ Meta Analysis of intervention studies demonstrates exposure therapy works well along with cognitive restructuring.

(Wright S, Yelland, M, Heathcote K, Ng SK, Wright G.; 2009)

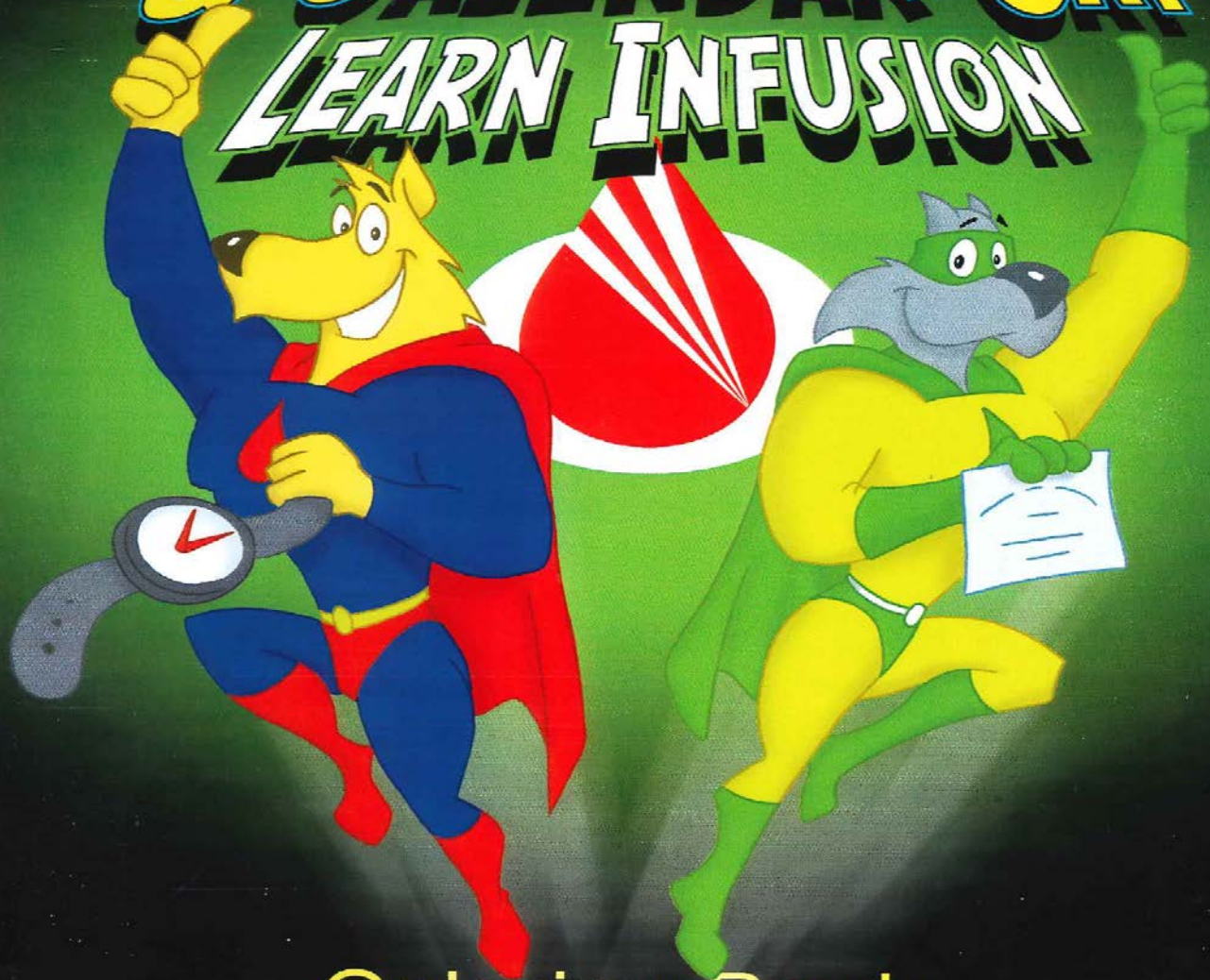
- ▶ DSM V describes Extreme Cases
 - ▶ 300.29 Specific phobia. Bodily phobias - including blood or having shots
 - ▶ 3 to 4% of general population
 - ▶ Panic Symptoms
 - ▶ Unreasonable and out of proportion (Recognized by the client as unreasonable)
 - ▶ Extreme avoidance behavior
 - ▶ Lasts more than 6 months.

(American Psychiatric Association, 2013)

The Intervention

- ▶ Mother
 - ▶ SW provided counseling regarding History with Hemophilia
 - ▶ Mindfulness Based Stress Reduction
 - ▶ Cognitive Restructuring
 - ▶ Expression of grief regarding past loss of child
 - ▶ RN Hemophilia Education
 - ▶ RN educated regarding holding techniques
 - ▶ Boyfriend was elicited as a holding resource for Mother
- ▶ Children
 - ▶ Behavior Management
 - ▶ Reinforcement Schedule
 - ▶ Direct Education with Clients regarding bleeding disorder
 - ▶ Cognitive Restructuring regarding infusion process and quantifying pain.

FACTOR FIDO & CALENDAR CAT LEARN INFUSION



Coloring Book

Results

- ▶ Mother demonstrated progress in her needle phobia and responded to both cognitive restructuring and Mindfulness Based Stress Reduction techniques.
- ▶ Mother demonstrated increased knowledge base of bleeding disorder.
- ▶ Children were cooperative with infusion and earned reinforcements for desired cooperative behaviors.
 - ▶ Understood desired behaviors within one session.
 - ▶ Could articulate requests made by RN and MSW.
- ▶ Family achieved COMPLETE independence within 30 days and 7 visits.
 - ▶ 6 joint RN/SW visits
 - ▶ 1 Nurse only visit
 - ▶ 1 SW follow up phone call

Questions?

- ▶ References:
- ▶ Wright S1, Yelland M, Heathcote K, Ng SK, Wright G. (2009) Fear of needles--nature and prevalence in general practice. [Aust Fam Physician](#). 38(3):172-6.
- ▶ American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.