

ΤΟ ΕΙΣΑΓΩΓΙΚΟ ΣΕΝΑΡΙΟ ΕΜΠΕΡΙΕΧΕΙ ΜΙΑ ΠΛΗΘΩΡΑ ΘΕΜΑΤΩΝ ΚΑΙ ΠΡΟΒΛΗΜΑΤΩΝ ΠΟΥ ΣΧΕΤΙΖΟΝΤΑΙ ΜΕ ΤΟ ΘΕΜΑ ΤΟΥ ΜΑΘΗΜΑΤΟΣ ΜΑΣ.

ΔΙΑΒΑΣΤΕ ΠΡΟΣΕΚΤΙΚΑ ΚΑΙ ΣΥΖΗΤΗΣΤΕ ΜΕ ΤΑ ΜΕΛΗ ΤΗΣ ΟΜΑΔΑΣ ΣΑΣ ΠΟΙΕΣ ΕΙΝΑΙ ΟΙ ΑΝΑΓΚΕΣ ΤΟΥ ΑΣΘΕΝΗ ΚΑΙ ΠΟΙΑ ΘΑ ΗΤΑΝ Η ΠΡΟΤΕΙΝΟΜΕΝΗ ΔΡΑΣΗ ΣΑΣ.

A 13 year-old girl who comes to the clinic with her mother was referred by the school physician because she is gaining weight although she has practically stopped growing. There are 3 other younger children in the girl's Hispanic family, which left their South American country three years ago for political reasons. The father is unemployed and the mother works as a housekeeper. The girl started regular menses two years ago. She never eats breakfast, eats few vegetables and fruits, and no meat. She is quite sedentary, does not like the school exercise class, and spends several hours a day watching TV. Although the mother says her daughter complains about the size of her hips, the girl denies this. She has very few friends. Past history is unremarkable except mild asthma treated with antihistamines and inhaled corticosteroids. There is no family history of early cardiovascular disease or type II diabetes. From the school visit report, you calculate a BMI of 26, which is above the 97th centile for age and gender and is in excess of 36 % above normal weight for height. The girl did not want to come and does not want to be examined. The mother insists on an exam, and wants a blood test to rule out a hormonal problem.

After the mother has left the examining room, the girl explains that having gained weight rapidly bothers her and that she feels different from her peers. She thinks a dietician cannot help her and she doesn't know what to do. You propose that she make another appointment at the clinic, at which time you will examine her. You explain the possible options, emphasizing to her how important it is that she reflects on her choices and her future, and ask her to be open to discussing the situation with other professionals. At the end of the visit you summarize your findings for the mother, indicating that a blood test, which the daughter would not easily accept, is not required at this time and could be discussed at a later date.

ΚΑΤΕΥΘΥΝΣΕΙΣ ΣΥΖΗΤΗΣΗΣ

ΓΕΝΙΚΕΣ ΟΔΗΓΙΕΣ ΑΣΚΗΣΗ - είναι αρκετές;

ΓΕΝΙΚΕΣ ΔΙΑΤΡΟΦΙΚΕΣ ΟΔΗΓΙΕΣ- είναι αρκετές;

ΠΟΙΑ ΕΙΝΑΙ ΤΑ ΘΕΤΙΚΑ ΤΗΣ ΑΣΚΗΣΗΣ ΣΤΗΝ ΣΩΜΑΤΙΚΗ & ΠΝΕΥΜΑΤΙΚΗ/ ΔΙΑΝΟΗΤΙΚΗ ΥΓΕΙΑ ΜΙΑΣ ΕΦΗΒΗΣ;

ΠΟΙΟ ΘΑ ΗΤΑΝ ΕΝΑ ΚΑΤΑΛΛΗΛΟ ΕΡΕΘΙΣΜΑ;

ΠΟΙΟΙ ΚΟΙΝΩΝΙΚΟ-ΟΙΚΟΝΟΜΙΚΟΙ-ΘΡΗΣΚΕΥΤΙΚΟΙ ΠΑΡΑΓΟΝΤΕΣ ΕΠΗΡΕΑΖΟΥΝ ΤΗΝ ΥΓΕΙΑ ΤΩΝ ΕΦΗΒΩΝ;