



PRECONCEPTION CARE CASE STUDIES

CASE STUDY 1: STEPHANIE

Stephanie is a 28 year old female who lives in Harlem, NY. She delayed college because she chose to care for her mother with terminal breast cancer. After her death, Stephanie went back to school and enrolled at her local community college. Stephanie needed to work to help her family out financially, so she juggled working full time and going to school part-time. Stephanie loved to cook prior to her mom's illness, but soon found that she had very little time to cook. She began relying on fast food and snacks from her local convenience store as her main source of food during the day.

CASE STUDY 1: STEPHANIE

While attending classes, Stephanie met her boyfriend Alex, who is also a student at the community college. He is the first guy that she was sexually active with, though he had previous relationships and was treated once for chlamydia. Stephanie takes her birth control regularly, but the couple doesn't use condoms. Stephanie is currently searching for a permanent job, but currently works as a live-in cleaner and nanny for a family with school-age children.

CASE STUDY 1: STEPHANIE

She has unfortunately developed Type II diabetes from her years of eating unhealthy foods and rapid increase in weight. She was able to purchase insurance after being dropped from her father's insurance, but the copays are very expensive and she only is able to afford a few clinic visits to get prescriptions for her diabetes. She doesn't have time during her appointments to discuss any other health problems and has refused to get any vaccines due to fears about their effects.



CASE STUDY 1: WHAT WERE HER RISKS?

Stephanie is a 28 year old female who lives in Harlem, NY. She delayed college because she chose to care for her mother with terminal breast cancer. After her death, Stephanie went back to school and enrolled at her local community college. Stephanie needed to work to help her family out financially, so she juggled working full time and going to school part-time. Stephanie loved to cook prior to her mom's illness, but soon found that she had very little time to cook anything while on the go and began relying on fast food and snacks from her local convenience store as her main source of food during the day.

CASE STUDY 1: WHAT WERE HER RISKS?

While attending classes, Stephanie met her current boyfriend Alex, who is also a student at the community college. Alex is the first boy that she was sexually active with, though he had previous relationships and was treated once for chlamydia. Stephanie takes her birth control regularly, but the couple doesn't use condoms. Stephanie is currently searching for a permanent job, but currently works as a live-in cleaner and nanny for a family with school-age children.

CASE STUDY 1: WHAT WERE HER RISKS?

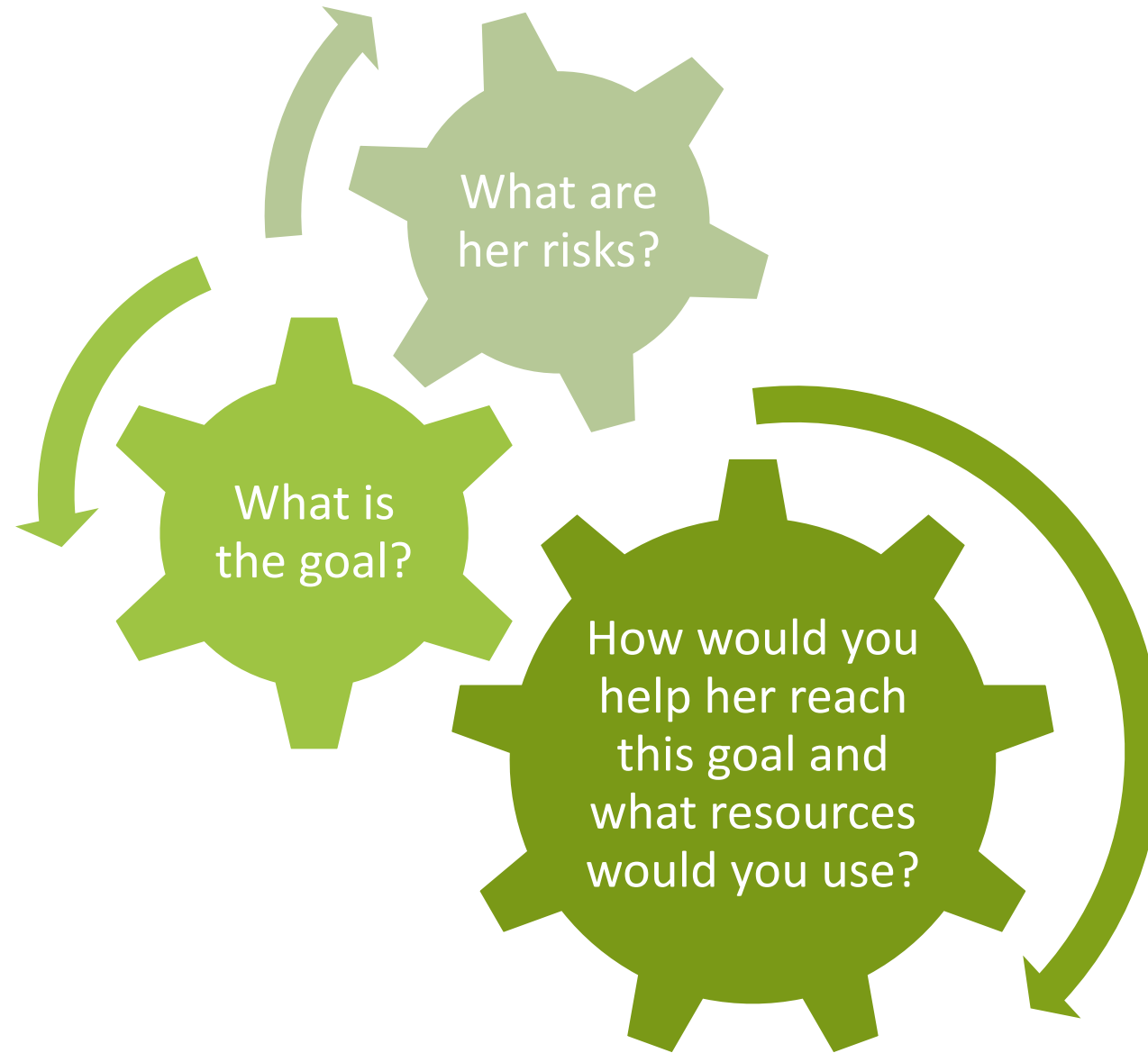
She has unfortunately developed Type II diabetes from her years of eating unhealthy foods and rapid increase in weight. She was able to purchase insurance after being dropped from her father's insurance, but the copays are very expensive and she only is able to afford a few clinic visits to get prescriptions for her diabetes. She doesn't have time during her appointments to discuss any other health problems and has refused to get any vaccines due to fears about their effects.

CASE STUDY 2: JEANETTE

Jeanette is an 18 year old African American female coming in for a checkup. She is a senior in high school and works part time at a daycare center. For a few years she was in a relationship with someone who constantly insulted, threatened and excessively texted and stalked her. Fortunately, with the help of her friends and family, she was able to safely get out of the relationship.

CASE STUDY 2: JEANETTE

After spending some time alone, she found someone who she says she is extremely happy with. The relationship is serious but they have yet to talk about whether they want to have kids or not. She says her boyfriend always encourages her to exercise and eat right to stay healthy but he has not been to the doctor in over 3 years. Jeanette admits that she is not on birth control because she's unsure of which method would be right for her. It seems she is not really familiar with vitamins and minerals such as folic acid, vitamin A and calcium.



What are her risks?

What is the goal?

How would you help her reach this goal and what resources would you use?

CASE STUDY 1: WHAT WERE HER PCC RISKS?

Jeanette is an 18 year old African American female coming in for a checkup. She is a senior in high school and works part time at a daycare center. For a few years she was in a relationship with someone who constantly insulted, threatened and excessively texted and stalked her. Fortunately, with the help of her friends and family, she was able to safely get out of the relationship.

CASE STUDY 1: WHAT WERE HER PCC RISKS?

After spending some time alone, she found someone who she says she is extremely happy with. The relationship is serious but they have yet to talk about whether they want to have kids or not. She says her boyfriend always encourages her to exercise and eat right to stay healthy but he has not been to the doctor in over 3 years. Jeanette admits that she is not on birth control because she's unsure of which method would be right for her. It seems she is not really familiar with vitamins and minerals such as folic acid, vitamin A and calcium.

CASE STUDY 3: LAURA

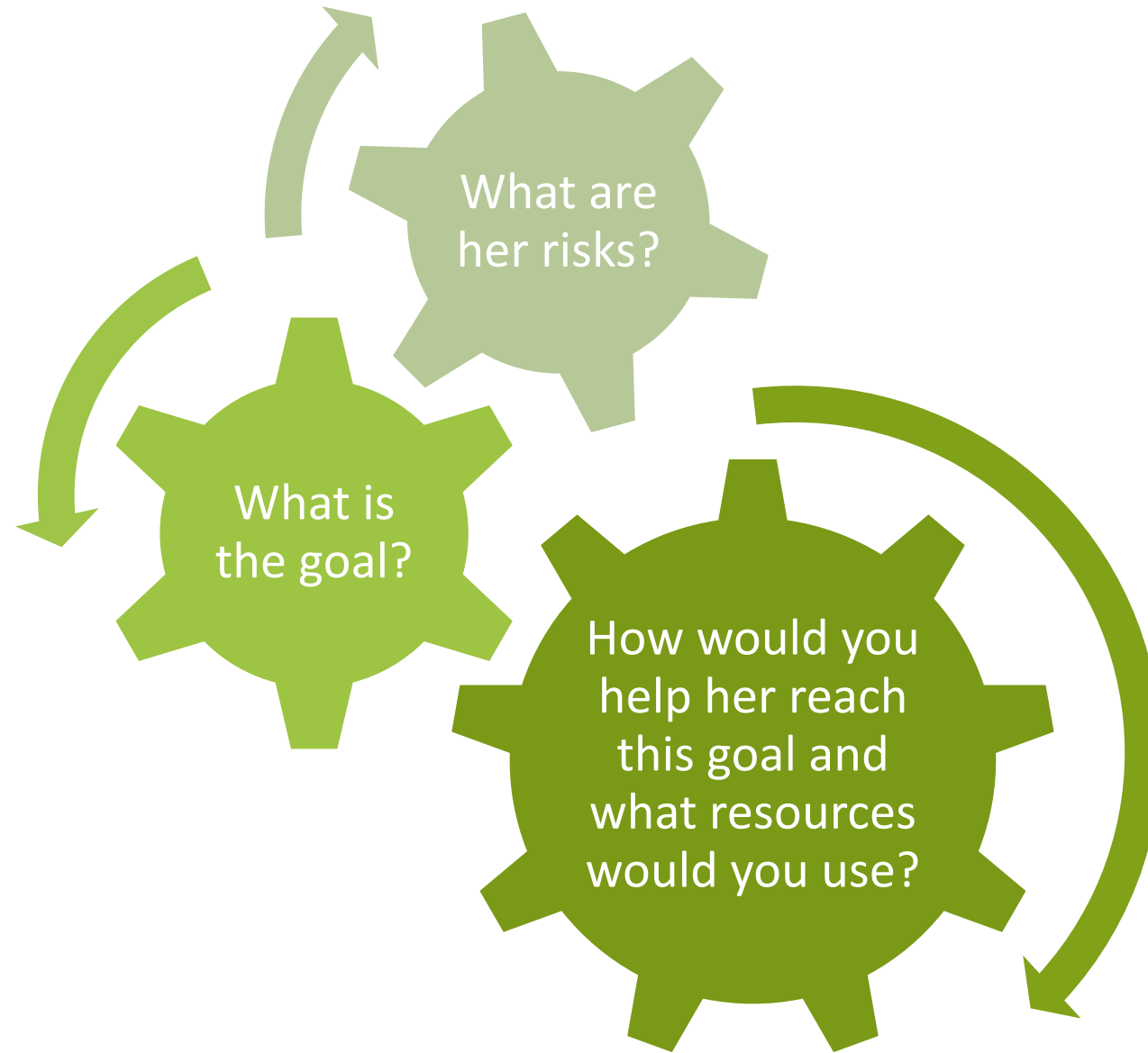
Laura is a 24 year old African American female who has come in today for her annual physical. Her medical records show that her BMI is now 30.3 up from 29.1 at last year's appointment. Laura acknowledges that she is "over going to the gym" and will not exercise. She did not lose as much weight as she had hoped to working out and is thinking about looking into other options to lose weight. Laura has been having trouble for the past year finding a job in her field since she graduated from college, which is beginning to frustrate her.

CASE STUDY 3: LAURA

In order to relieve some of her stress and anxiety, she goes out partying frequently with her friends where she admits to smoking and drinking excessively at the clubs and after parties she attends. She has been dating her boyfriend, Adam since they first met during her sophomore year of college and has suffered through 3 known miscarriages during their relationship. In all 3 cases she did not know that she was pregnant, so continued partying; which she believes contributed to the miscarriages.

CASE STUDY 3: LAURA

She grew up in a foster home and has never tried to meet her birth parents as she resents them for having abandoned her at such a young age. Because Laura refuses to speak or see any members of her biological family, she is unaware of any health conditions she may be predisposed to.



CASE STUDY 3: WHAT WERE HER PCC RISKS?

Laura is a 24 year old African American female who has come in today for her annual physical. Her medical records show that her BMI is now 30.3 up from 29.1 at last year's appointment. Laura acknowledges that she is "over going to the gym" and will not exercise. She did not lose as much weight as she had hoped to working out and is thinking about looking into other options to lose weight. Laura has been having trouble for the past year finding a job in her field since she graduated from college, which is beginning to frustrate her.

CASE STUDY 3: WHAT WERE HER PCC RISKS?

In order to relieve some of her stress and anxiety, she goes out partying frequently with her friends where she admits to smoking and drinking excessively at the clubs and after parties she attends. She has been dating her boyfriend, Adam since they first met during her sophomore year of college and has suffered through 3 known miscarriages during their relationship. In all 3 cases she did not know that she was pregnant, so continued partying; which she believes contributed to the miscarriages.

CASE STUDY 3: WHAT WERE HER PCC RISKS?

She grew up in a foster home and has never tried to meet her birth parents as she resents them for having abandoned her at such a young age. Because Laura refuses to speak or see any members of her biological family, she is unaware of any health conditions she may be predisposed to



THANK YOU!!!