



Project Number: 2016-1-RO01-KA203-024630

Practical Application 2.3.b Case study. Communication and collaboration with other health staff: nutritionist, psychologist

“A psychological and nutritionist consulting in Pediatrics”

At the last diabetic check, Luca, a 7-year-old child with type I diabetes, shows up sed. The mother reports that lately he is reluctant to administer insulin therapy and appears oppositional on many aspects concerning the therapy itself.

The pediatrician decides to active psychological counselling dedicated to the diabetology service and in the same time to active the nutritionist counselling too.

After the two interviews with both the colleagues, it emerges Luca discomfort due to the fact that many classmates would have invited him to the party of their birthday, but that he no longer wants to participate because: "I can never eat the cake!". Until that moment, during the treatment the pediatrician and the nutritionist were more attentive to the calculation of carbohydrates. Now, they both think that the boy could go to the party after having lunch late, so to be less attracted by sweets. However, according to the psychologist, the joyous aspect of cutting the cake, shutdown the candles and sing the Happy Birthday song are all aspects to take in high consideration, because they influence his identity self assessment (healthy or unhealthy, normality or diversity...) and his social group relationship.

The different point of views allows all the specialists, to share a common proposal: to set up the insulin therapy by implementing some units of medication based on the needs resulting from the intake of the birthday cake. Luca immediately seems to accept the proposal made by the diabetic team and promises a more effective therapy compliance. Also his mother seems to be more emotionally relieve.

Questions:

- What does it help the health care staff to have an open and effective communication?



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- How do you measure the communication efficacy between health care staff?

- Which of the professional figures involved could use communication skills? Only the pediatrician? The nutritionist? The psychologist?



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