



Case Study:

Patient G

This 33-year-old patient was referred by their GP to the Social Prescribing Link Worker because he has been signed off work by his doctor due to suffering from depression, as a result of an incident at work where he had been put in a vulnerable situation. He is also experiencing ongoing domestic violence from his stepfather. The patient was also at threat of homelessness, since his mother had asked him to return to the family home and then moved out to live with her new partner. The family home is now under offer to be sold.

Patient's needs

The patient needed support with contacting WAVES, who had done an initial appointment but not been in contact to tell him when he would be seen. He needed someone to follow this up as he felt too anxious to make the call. The patient talked about not knowing how to contact work to get help with returning to work, he was worried about losing his job. He said that his line manager had contacted him via Facebook once in the last three weeks. He said that he was not allowed to contact human resources because there is a procedure to follow which starts with his line manager.

He was overwhelmed about what he should do first and was feeling isolated.

Social prescription

The patient was given an initial appointment that lasted for 40 minutes, during which we discussed what matters to him, and what his priorities were for co-producing a social prescription that relates to improving his health, wellbeing and social needs.

I listened to the patient and helped him to prioritise what he thought would support his situation. Initially he asked me to contact WAVES on his behalf, they told me that there was a six-month waiting list from the initial assessment. After a brief conversation it was agreed that he would be seen within two months.

It was agreed that the second priority was to contact the human resources department to find out if he had been referred to occupational health to support his return to work, since he had not been contacted for three weeks. I agreed that I would obtain the human resources number for him by calling the company with his consent.

I signposted the patient to ACAS for advice about employment policy and procedures after he told me about an incident that had left him in a dangerous situation.

I contacted the emergency housing department on the patients' behalf, they will contact him immediately to discuss his options as he felt that he would be made homeless that weekend.

Patient Feedback

The patient said, "I did not expect so much help, you have helped me to prioritise things that were getting on top of me".