

HAZ Documentation: Case Study supporting Question 4: Health Impact.

Patient X: Male, Caucasian, widower with dependant child with chronic illness.

Frequency of GP appointments average 2-4 per month.

Hospital admissions for chest pain over a period of 3 years was 14 times, he experienced one heart attack and his symptoms on the other occasions described as 'non organic'.

Patient X would experience chest pain every day. Form regular meeting with the GP is was established that he was one of six children, of which all the males had heart problems and died of heart attacks in their mid-late 60s. He was therefore anxious that this would happen to him and worried about the consequences of a premature death and the consequences this would have on his daughter.

Through the DWBG program of activities the GP was able to sign post this patient to DWBG through the prescription to exercise programme.

Patient X has had no hospital admissions since being involved with the activities i.e. Health walk and physical activities since 2001. Patient X is able to walk for longer – time and distance and expresses an interest in other events i.e. young people and the play scheme.

Co-ordinators of the programme of activities as well as the GP report Patient X has improved both his physical and mental health.

Patient X is also accessing appropriate services namely – counselling to explore his anxiety about experiencing a heart attack and the implications for his daughter