CASE STUDY #4- CARE OF THE ADOLESCENT

Ginny is a 16 year old female who came in with her mother for a healthcare visit. She was accompanied by her mother, Jennifer. Ginny is the oldest in a brood of three. Her siblings include Peter, 10 years old and Paula. Her father is a government employee. Both Ginny’s parents are very active members of the Church. Ginny is in Grade 11.

You note that Ginny is underweight with BMI below the 5th percentile for age, sex and height.

Jennifer told you that she thinks Ginny might have a boyfriend but that she has not told her. She said that she is having a hard time talking with Ginny. Ginny has been spending a lot of time in school and even on weekends, she says she has been staying for almost the whole day at a friend’s house. She is worried that she might be getting involved with the wrong crowd because she hardly knows any of her friends. Ginny's’grades in school, however, have consistently been above average.

Upon talking with Ginny alone, she confessed that she does have a boyfriend who is a classmate. She also said that she is trying to lose weight. She is also stressed because she is trying to keep her grades up so she can apply to her choice of college. She also recently had a breakout with pimples on her face and neck. This makes her feel extra conscious of her looks.

This is Ginny. Make a health care plan. Describe how and what will you communicate with both Jennifer and Ginny.