

# CASE STUDY 3

Tisha is a 15-year-old girl who came to the public health clinic for a pregnancy test, which was positive. Following a history and exam it was estimated that she is 3 1/2 months along in the pregnancy. You are a nursing student and have been assigned to be the public health nurse who will follow Tisha with home visits throughout her pregnancy. During your first visit you assess her general health, living situation, and learning needs.

You discover that Tisha lives with her mother, who is an active alcoholic, and her 17-year-old sister, who is addicted to cocaine. Her older sister has had three children who have all been taken from her by Child Protective Services. Tisha reports having dropped out of school about the same time she became pregnant. She admits to drinking (but only on the weekends) and to smoking pot. She says she refuses to use cocaine because she saw what it did to her sister. She also smokes about half a pack of cigarettes a day. Her biggest concern about her pregnancy right now is that she doesn't want to look fat, because then her boyfriend won't want to make love to her. She says that she rarely eats breakfast, and has never liked milk or vegetables.

Tisha is excited about the thought of having a baby because "they're so cute." She thinks she will be a good mother because "I'm going to give this baby more love than my mother ever gave me." Tisha does not know who the father of her baby is, because she had unprotected sex with three different boys during the time when she would have gotten pregnant. Tisha's mother is not happy about her daughter having a baby so young, but states she believes Tisha will be a good mother because she is not on cocaine like her sister.

You recognize that Tisha has many learning needs regarding substance abuse, nutrition and STD prevention. You know from Tisha's age, history of smoking and drinking, and her poor eating habits that this baby is at high risk for multiple health and developmental problems. In addition, Tisha's economic level, family situation and educational history put her at high risk of additional pregnancies while still a teenager.

## Information RN

### 1 Plan your search strategy ahead of time

### 2 Break down your search topic into components

You have two weeks before your next visit with Tisha and you decide to search the literature for help in setting realistic goals with your client. Decide on the keywords, synonyms, or related terms of your search. The diagram below shows the terms you should have considered. They have been grouped to make the searching process easier.