

nkjhygt

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Environmental Stressors

Student's Name

Instructor's Name

Date

Environmental Stressors

Question 1

Theresa's case is quite complicated, and a social worker should first understand several aspects of Theresa's life to get a picture of her environment. The social worker should first find information about Theresa's previous life, by either asking Tina, her daughter and other individuals related to her. Some of the social information necessary to know is the diagnostic by evaluating her social and financial resources for several programs such as Medicaid, other information such as hobbies, family and inspiring social activities are also important. Similarly, the religious life of Theresa is significant by evaluating her past religious and spiritual association. Moreover, the psychological aspects of Theresa can be obtained by interviewing nurses on her personality and behaviors. Other people involved in understanding the psychological factors involve Theresa's children and close friends and relatives who know about her well. Finally, biological data of Theresa will also aid in getting to know where to start in helping her by understanding the diagnostic information such as the previous medical symptoms and imaging such as x-rays (Figley & McCubbin, 2016). The treatment of the current disease and disorder as well as the life prescriptions and medications for symptoms relief. The areas are essential because they will help a social worker have an understanding of what Theresa is passing through and not making people blame her for the actions and words she is using when communicating. When a patient is understood, they tend to get better healed quickly and move to their everyday life.

Question 2

There are several sources of environmental stressors. Stressors cause people to have stress which can make them feel angry, frustrated and threatened (Hutchison, 2018). Furthermore, stress is accompanied by changes in a person's emotional, physical and mental responses. Gitterman (n.d), has presented sources of environmental stressors including individual's reluctance to using accessible physical and social resources, communication is hindered in the physical and social environment of individuals, and social environment is reluctant to provide available resources. Theresa's situation fits in a source where communication is hindered in the social environment as well as the social environment is reluctant in giving resources required. Theresa's is accused of not talking well to the staff and is said to be rude, thus making people avoid her. Also, she talks to her daughter with abusive language making Tina feel uncomfortable with her. The nurses are unwilling to provide services to her due to the poor relationship they have created among themselves. The method used in the first source is to coordination and mediating, where nurses are made aware of the condition of Theresa so that they can understand her despite her abusive language. Coordination of how they will perform their work is very critical since it will make her feel appreciated and loved. The second source will use the advocating method. Supporting Theresa will make nurses considerate in providing resources to her.

Question 3

To solve Theresa's situation, I will utilize three steps. The first step is to tune-in (Environmental Stressors & Advocacy). Through listening to all parties involved in the case to get a better understanding of what happens. Information is significant and therefore understanding both parties will make a social worker act fairly and independently. Similarly, the main aim of a social worker to ensure all parties' rights are addressed; thus, it is essential to focus

on aligning the situation and acting accordingly. The second step is to prepare a meeting with the key players. Nurses are one of the key players in the institution and have the ability to understand Theresa easily. For that reason, meeting with them will be the starting point of solving the problem. The meeting will be held after performing an assessment of both parties and searching for information to help solve the situation. Finally, I will have a meeting with the nurses who are the key players. Although Theresa is found to be the cause of the problem with the staff, it will, hence, be essential to strategize with staff on how Theresa should be handled. The strategies developed will be based on the reasons that cause Theresa to behave in such ways, by either checking her health conditions or treating her in a manner she will feel respected.

References

Figley, C. R., & McCubbin, H. I. (Eds.). (2016). *Stress and the family: Coping with catastrophe*.

Routledge.

Gitterman chapter 8. Helping individuals, families, and groups with environmental stressors

Hutchison, E. D. (2018). *Dimensions of human behavior: Person and environment*. Sage

Publications.

PPT- Environmental Stressors & Advocacy

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