

Health and Well Being

Contact details

[REDACTED]
Howden Heath Center
[REDACTED]

[REDACTED]
15A George Street
Bathgate
[REDACTED]

[REDACTED]
Bathgate
[REDACTED]

Paul asked staff to get him an Doctor's appointment due to his own personal concerns, which staff did, however due to him being in Dumfries it had to be cancelled.

Paul has been in good health with no problems with his Asthma or breathing.

Paul is in a good routine with his personal hygiene and keeps up to date with this daily.

SHORT TERM GOALS

To make another appointment of him at the Doctor's to suit Paul when he's in Alberta.

To get another check up on this Asthma.

To attend the dentist for a check up.

To attend the optician for another eye test.

MEDIUM TERMS GOALS

For Paul to have regular checks on his progress with Asthma.

01/02/05 Paul has asked for a doctor's appointment for a Chlamydia test after having unsafe sex with a girl. He has also agreed to attend an appointment at the asthma clinic, Dentist and Optician's.

02/02/05 Staff member [REDACTED] heard Paul coughing during the night and went to check and found Paul being sick on the stairs, Paul was asked if he had taken anything that would cause this, he replied no.

16/02/05 Paul went to the local gym (bubbles) to get his new card and key, and wants to use the gym more often.

Paul has told staff that he has experimented with hash but does not use it regularly and it is not a habit or a problem. Paul has also told staff that he likes to have a drink but not every weekend.

Paul has informed staff that he would like to get back in touch with [REDACTED] from Cloud 9 to try to quit smoking. 24/02/05 – Paul had a meeting with [REDACTED] from Cloud 9.

23/02/05 Paul cancelled his appointments with the Doctor and Dentist. Paul received a postal test for chlamydia from WLDAS but has not completed it yet. Paul has told staff that he will do this next week.

SHORT TERM GOALS

For Paul to send away his Chlamydia post test.

Paul to attend Asthma clinic.

Paul to attend Dentist.

Paul to attend Opticians.

Continual support from [REDACTED] and staff to help Paul stop/reduce smoking.

Continue to educate Paul about the dangers of drugs and alcohol and monitor his use/misuse of both.

MEDIUM TERM GOALS

To have the results of Paul urine samples, Asthma, Dentist and Optician's reports.

Paul to continue receiving support to help him stop smoking.

LONG TERM GOALS

To see if Paul requires glasses and contact lenses from the Optician
Paul to be using his inhalers appropriately and attend the asthma clinic
regularly.

Continual support from [REDACTED] from Cloud 9.

Paul Hepburn

health & well being

March

2005

Paul has stopped smoking and is having continual meeting with [REDACTED] from Cloud 9 who measures Paul's co2 levels and offers support. On the 08/03/05 Paul woke up complaining about his chest pain and coughing, an emergency appointment was made however Paul refused to go. Later that evening Paul's coughing and breathing got a lot worse. Westdoc was contacted and Paul was seen by the Doctor and was prescribed 250mg Amoxicillin tablets 1 to be taken 3 times a day and was advised to use his inhalers twice as often as normal. Paul has told staff that he has slept with a girl his own age and used a condom, staff have remained Paul of the dangers of unprotected sex and under age sex at his age. The Chlamydia test has been sent away ref no PTK 11538 waiting for results to return. Paul has begun taken vitamin C and cod liver oil tablets and has decided he doesn't need nicotine patches. Paul has been attending the local gym.

Meetings with [REDACTED]

03/03/05 co2 readings were 5

10/03/05 co2 readings were 2 and Paul was given nicotine patches

17/03/05 [REDACTED] arrived but Paul refused to get up.

SHORT TERM GOALS

Support with keeping of cigarettes this will be help by staff and [REDACTED]

Needs to control his Asthma more.

Appointments at the Asthma clinic, Dentist and Opticians.

Results on his Chlamydia test.

The dangers of unprotect sex will be discussed with Paul.

MEDIUM TERM GOALS

Appointments to be attended and more awareness of the dangers of an Asthma attack and to control the asthma himself.

Support with Paul stopping smoking.

LONG TERM GOALS

Paul at a stage where is completely happy and comfortable not requiring a cigarette.

Paul Hepburn

health & well being

April

2005

Paul has developed a rash on his neck and face. He was unsure what it is or what has caused it. It is not sore but he is concerned about it and was giving cream. Paul is still off the cigarettes and is continually being supported by staff and very comfortable being in other people's company who smoke. Paul still needs appointments at the Asthma clinic, Dentist and Opticians.

Paul Chlamydia test came back negative. Paul is also being made aware of unprotected sex and the dangers.

He received a tetanus injection due to getting a nail in his foot but did not require any further treatment. The injection also included a diphtheria immunization.

SHORT TERM GOALS

Paul at a stage where is completely happy and comfortable not requiring a cigarette, still needs to attend his appointment however they will be made when Paul feels he can attend, this will be worked with Paul and staff.

MEDIUM TERM GOALS

Support with Paul stopping smoking.

Attend appointments.

Paul has had no problems with his Asthma this Month, however a staff member handed in a repeat prescription for inhalers for Paul to collect. Paul is still off the cigarettes and is continually being supported by staff and very comfortable being in other people's company who smoke. Paul still needs appointments at the Asthma clinic, Dentist and Opticians.

It been monitored by staff that Paul has been drinking a lot more this Month and it is been suspected that Paul may be taking hash

████ from cloud 9 has been visiting on the 11/05, 18/05 and his co2 level was 2.

SHORT TERM GOALS

For Paul to attend his appointments at the Doctor's, Dentist, and Opticians.

All staff and █████ will continually support Paul in keeping off the cigarettes. Paul will be monitored when he comes in during the night and what condition or state and may be in.

Staff will be updated on what signs or symptoms to look for if Paul comes into Alberta with the possibility of him being under the influence of alcohol or hash.

MEDIUM TERM GOALS

Paul will be given constant support and encouragement in staying off cigarettes.

Paul to have attended his appointments.

Paul has had no problems with his Asthma this Month, however a staff member handed in a repeat prescription last month for inhalers for Paul to collect but paul hasnt done this yet, Paul is still off the cigarettes and is continually being supported by staff and very comfortable being in other people's company who smoke. Paul still needs appointments at the Asthma clinic, Dentist and Opticians.

Paul has told staff that he has stopped taking hash but will continue to have a drink once in a while

████ from cloud 9 visited paul for the last time on the 18/05/05 and his co2 level was 2 paul was rewarded for this by █████ who took him fishing on 26/05/05.

28/06/05

paul is still off the cigarettes and will continue getting the support from staff.

SHORT TERM GOALS

For Paul to attend his appointments at the Doctor's, Dentist, and Opticians.

All staff will continually support Paul in keeping off the cigarettes. Paul will be monitored when he comes in during the night and what condition or state he may be in.

Staff will be updated on what signs or symptoms to look for if Paul comes into Alberta with the possibility of him being under the influence of alcohol.

MEDIUM TERM GOALS

Paul will be given constant support and encouragement in staying off cigarettes.

Paul to have attended his appointments.

Paul Hepburn health & well being July 2005

14/07/05 Paul was very poorly this month due to chest infection he was taking to hospital and was given medication which are as follows

**Beclometasone BR/ACTUATED 100 (easi breath inhaler)
take 2 sucks 4x a day.**

**Sabutamol BR/ ACTUATED 100 (easi breath inhaler) take
1 suck when required.**

Prednisolone tablets (take 8 in the morning).

Amoxicillin caps 250mg (take 1 x three times a day.

Paul is being monitored taking his medication.

26/07/05

Paul was back at the doctors again due to his chest infection Paul has had a chest x-ray and will find out the results of this in due course he has been prescribed Oxytetracycline (1x 4times a day).

31/07/05

Pauls chest infection is getting better his chest x-rays came back all clear.

Short Term Goals

**For Paul to attend his appointments at the Doctors, Dentist, and
Opticians**

Paul Hepburn health & well being August 2005

Paul's health has improved this month he hasn't had any problems with his asthma.

Paul is still off the cigarettes and is still getting the praise and support from staff.

Staff has had no problems this month with Paul being under the influence of alcohol staff will continue monitoring this.

Paul has still not made any effort to visit the Dentist or Opticians and is well over due.

Short Term Goals

For Paul to make appointments at the Dentist and Opticians.

Paul Hepburn Health & Well Being September 2005

Paul has had no problems with his Asthma this month but still continues to take his inhalers regular, he has handed a repeat prescription into the health clinic for inhalers but still has to pick them up.

Staff have not had any issues this month with Paul drinking but suspects he is taking Hash when he is over at his friend's house, staff are monitoring this,

Paul has still not made any effort to visit the Dentist or Opticians and is well over due.

Short Term Goals

For Paul to make and attend appointments at the Dentist and Opticians.

Remind Paul of the dangers in taking drugs.

Paul has started smoking again but said he doesn't smoke as much as he did staff have spoken to Paul about this and commented on how well he had done to stop and that starting up again wasn't going to do his asthma any good. Paul has had a few problems this month with his asthma and had to attend the doctors on a few occasions. Staff will support Paul in every way to help him to give up the cigarettes again.

02/10/05----- Paul had to have an emergency appointment with west doc as his asthma was very bad and he no inhalers left.

03/10/05-----Paul had to visit the doctors again as he thought he had a chest infection, Paul was giving another inhaler to take (SALMETEROL) along with the other 2 he has to take (SALBUTAMOL & BECLAZONE).

Paul has had an issue this month with alcohol and smoking hash, staff have reminded Paul about the effects this will have on his asthma, staff will support Paul in every way to help him give up smoking hash and drinking alcohol.

Short-term goals

For Paul to attend Asthma clinic more often.

For Paul to attend Dentist

For Paul to attend Opticians

Continue to educate Paul about the dangers of drugs and alcohol and the effect it will have on his health.

Paul Hepburn health & well being November 2005

Doctors

Paul made an appointment at the Doctors for 24/11/05 as he was feeling poorly with flu but cancelled the appointment on the day saying he was feeling better.

Dentist

Paul still hasn't made any effort to make an appointment at the dentist, staff is constantly reminding Paul of this.

Optician

Paul still hasn't made any appointments to have an eye test.

Appointments

No appointments have been made.

Medication

Paul is still taking Salmeterol & salbutamol for his Asthma.

General Health

This month Paul has had a very bad cold and this has affected his Asthma he has also suffered very bad cold sores.

Sexual Health Issues

No issues at present

Smoking

Paul still continues to smoke, staff are working on helping Paul to give up.

Drugs & Alcohol

On a few occasions Paul has been known to smoking hash and drinking alcohol, staff will continue to monitor this situation.

Diet

Paul eats well but this consists of tinned food and takeaways.

Short Term Goals

For Paul to give up taking hash and alcohol.

Medium Term Goals

For Paul to make appointment at the opticians and not to cancel appointment he has made then cancel them.

Long Term Goals

For Paul to give up smoking cigarettes.

Paul Hepburn health & well being December 2005

Doctors

No appointments have been made as Paul's health has improved this month

Dentist

Paul still hasn't made any effort to make an appointment at the dentist, staff are constantly reminding Paul of this.

Optician

Paul still hasn't made any appointments to have an eye test.

Appointments

No appointments have been made.

Medication

Paul is still taking Salmeterol & Salbutamol for his asthma.

General Health

This month Paul hasn't had any problems with his Asthma, apart from bad cold sores Paul has been in good health.

Sexual Health Issues

No issues this month.

Smoking

Paul still continues to smoke but has told staff he is going to stop in the new year, staff will work on helping Paul to achieve this.

Drugs & Alcohol

Paul has told staff that he doesn't smoke hash anymore but he has been drinking on a few occasions, staff will continue to monitor this situation.

Diet

Paul still continues to eat tinned food, micro meals and takeaways.

Short Term Goals

For Paul to give up smoking.

Medium Term Goals

For Paul to make appointments at the opticians and dentist.

Long Term Goals

For Paul to learn how to make home cooked meals.