**Come4Global Case**

Choose one of the following cases in your group. Take a deeper insight and build poster (Word poster template, MIRO etc.) around your answers. Use given course material and look for more references!

You may consider following aspects,

* How would you meet and approach the patients?
* What is important to think about when meeting the patient for the first time?
* What factors you consider on creating safe nursing atmosphere?
* What health promotive methods would you find relevant?
* What possible caring path and networks are suitable for promoting you patient mental health? Is there any digital solution that benefits the patient?
* What aspects of personal recovery you find important min this case (i.e internal and external factors, family engagement)?

Case 1.

The patient, a 25-year-old woman comes to meet you at the hospital, she has had fever, nightly seating, muscle aches, fatigue and had some rashes. She has newly been diagnosed with HIV. She feels embarrassed and scared. She is close with her parents and 2 siblings but does not have many friends to talk with.

Case 2

The patient, 18 years-old male comes to the health care center. He wants to stop using drugs. He is very slim, has bruises, feels anxious, has insomnia and nightmares. It is difficult to stop the drug use because his friends are also using drugs. He does not know if he can stop drugs without help since he has been using them since he was 13 years-old. Everytime he is not using for 3 days he gets mood swings and body gets nervous.

Case 3

The patient, 38 year-old male moved from Finland to Eswatini. He moved to do a teaching job at a local school. His wife is also with him and she is also a teacher. They have lived there for 4 months. He has had increased anxiety because of the new culture and language. They don’t have friends yet.

Case 4

The patient 27 year-old woman comes to meet you for a checkup after birth. Her baby is 4 months old, healthy and happy. The mother is tired, she feels that the baby can be a burden because it is crying every now and then and it also wants to feed during the night. The mother feels trapped inside the house because of the baby. The mother has also lost her appetite, she doesn’t feel much joy or happiness in her days and that makes her also feel guilty.