

## Instructions to the Candidate

- **Review** the patient information and context provided in the summary below.
  - **Conduct** an assessment of the patient's health needs, considering social determinants and healthcare barriers.
  - **Formulate** a culturally sensitive management plan that addresses David's immediate health needs and long-term preventive care.
  - **You have 15 minutes** for this case discussion.
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## Patient Record Summary

- **Name:** David Davidson
- **Age:** 52 years
- **Gender:** Male
- **Indigenous Status:** Aboriginal
- **Allergies and Adverse Reactions:** Nil known
- **Medications:** Nil regular medications
- **Past Medical History:**
  - Hypertension, diagnosed 2 years ago but inconsistently managed due to poor access to a GP.
  - Type 2 Diabetes, diagnosed 4 years ago, HbA1c last checked 12 months ago.
  - Chronic back pain, attributed to years of manual labour.
- **Social History:**
  - Lives with extended family in a remote Indigenous community.
  - Unemployed.
  - No access to a local GP; nearest clinic is 2 hours away by car, which he has limited access to.
- **Family History:**
  - Father: Deceased from stroke at 65 years.
  - Mother: Type 2 Diabetes.

- **Vaccination and Preventative Activities:**
    - Up-to-date vaccinations through a mobile health unit.
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### **Scenario**

David Davidson, a 52-year-old Aboriginal man from a rural community in Northern Queensland, presents for a **routine check-up** facilitated by a mobile health service. David has been inconsistently managing his hypertension and diabetes, with limited follow-up or medication due to the **remote location and infrequent access to primary healthcare**. He reports feeling fatigued, experiencing occasional dizziness, and struggling to adhere to dietary recommendations due to both availability and cost of healthy food options in his community.

David expresses frustration with the health system, stating that he feels "ignored" by the healthcare providers and that it's often difficult for him and his family to access care when they need it. His reluctance to attend appointments stems partly from prior negative experiences, where he felt his concerns were dismissed. He is seeking support but is hesitant about how effective the healthcare services available to him can be.