

FOLLOW-UP SUMMARY PAGE EXAMPLE (AFTER 3 MONTHS)

BACKGROUND:

Name: John Doe *DOB:* 3/6/78 *Location:* Umlazi F
LS location: Umlazi K *Date:* Mar 08 *Phone:* 083-555-5555
Career: Nurse *2nd:* Social Worker *3rd:* Policeman
Education: Matric, Biology – F, Maths – E, Physical Science - D
Skills: Computer course – 1 week
Experience: none

VOLUNTEER WORK:

Home based care

Avg. hours per week: 20 Weeks: 12

Activity summary

| Illness | Care Provided | No Patients | No Visits |
|---|---|-------------|------------|
| TB | Encouragement to take medicines, Assist with house chores | 31 | 75 |
| Physical Injury (e.g. back problem, broken leg) | Serving patient with food and medicines, assist with house chores | 13 | 35 |
| Diabetes | Encourage with healthy diet, helping with taking medicines | 17 | 16 |
| Unknown/Undisclosed | Serving patient with food and medicines, assist with house chores | 26 | 73 |
| TOTALS | | 87 | 199 |

Experience and knowledge gained: Realised the importance of being patient with sick people and how much they appreciate people giving care voluntarily.

Volunteer work at local clinic

Avg. hours per week: 8 Weeks: 12

Activity summary: Assisted clinic staff with getting information from new patients, speaking to them individually while they waited for care. Gave motivational talks to patients in waiting room.

Experience and knowledge gained: Learned about the common illnesses that people have who come to clinics and that many of them have simple remedies and can be avoided through simple preventative measures (e.g. diarrria, flu, etc.).

Child care at home

Avg. hours per week: 4 Weeks: 12

Activity summary: Looked after nephew while sister worked at part time job on Fridays.

STUDY:

Library research: Avg. hours per week: 4 Weeks: 10

Reading at home: Avg. hours per week: 4 Weeks: 10

Activity summary

| Title | Author | Topic | No pages read | No Book reports |
|------------------------------------|--------------|-----------|---------------|-----------------|
| Intro to Biology | J. Arthur | Health | 328/512 | 3 |
| The Power of Preventative Medicine | A. Alexander | Health | 234/234 | 2 |
| Long Walk to Freedom | N. Mandela | Biography | 138/512 | 1 |
| Health Sciences | R. Rosenbam | Health | 71/312 | 0 |