POPULATION HEALTH PROBLEMS

Housing Concerns

Case summary

An 8-year-old girl is reviewed for ongoing sleep difficulties and melatonin use. She shares a bunk bed with her teenage sister, who often watches television late into the night. The family live in a two-bedroom council flat; their mother and younger brother share the other bedroom.
Her mother has significant psychosocial needs, and the family rely heavily on support available close to their current home. They have previously reached a high priority on the council housing list for a larger property, but have declined offers because the available homes were more than two bus journeys away from their established support network.
There is no obvious single solution: the current housing contributes to poor sleep and overcrowding, but moving may also carry significant social and practical costs for the family.

Questions to consider before the session

1. **What are the main health and wellbeing impacts of the current housing situation on this child and her family?**
2. **What further information would you want before deciding whether, or how, to best advocate for them?**
3. **As the paediatric registrar, what is your role here - and where are the limits of medical advocacy?**



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