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## Workshop 2

# Utilizing body check-up service for the adolescent substance abusers

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# Agenda

1. Introduction of the body check-up items checked in lab
  2. Motivating clients in and between the process of body check-up
  3. How to utilize the body check-up items for motivating clients to change
  4. Experience sharing on working with adolescent substance abuser in the body check-up process
  5. Q & A , Conclusion
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## Basic Check-up items

### 1. General Body Health Condition

(Weight, Height, Blood pressure, Systolic, Diastolic, Pulse, BMI)

### 2. Blood Analysis

( CBP, HBsAg, HBsAb, UREA, SGOT(AST), SGPT(ALT), Alkaline P Ase, Calcium)

### 3. Urine Routine

( Colour, Transparency, PH, SG, Protein, Glucose, Ketone, Blood, WBC, RBC, Hyaline Cast, Granular Cast, Epithelial cells, Crystal)

### 4. Resting ECG

### 5. X-ray chest

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## Client's resistance before and in the process of body check-up

- Involuntary
  - Short-lived motivation
  - Fear
  - Reverse lifestyle / Time crash
  - Punctuality
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# How to utilize the body check-up

1. During medical consultation session
    - Realizing current health situation
    - Realizing the long-term health damages from drug use.
    - Questioning
    - Personalized and Internalized
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# How to utilize the body check-up

1. During follow up session
    - Debriefing (consolidate the experience)
    - Further treatment
    - Initiate further discussion
    - Intervention goal setting
    - Encourage family intervention
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Experience on working with the  
adolescent substance abuser in the body  
check-up process

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Q & A Time

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Thank you

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