

BETTY SWEET: VISIT #2

Diabetic Educator

Patient: Betty Sweet

Age: 38 year old female

Also in appointment: 13 year old daughter, Aintshe Sweet

Setting: Outpatient Office with Eatie Wells RN

- Counseling room

Visit # 2

Betty and her daughter are meeting with the diabetic educator at her doctor's office, Eatie Wells RN.

Medications:

- Metformin 500mg twice daily
- Tylenol 650 milligram tablet every 4 hours as needed for headache/pain
- Ibuprofen (Motrin) 400mg tablet every 6 hours as needed for headache/pain

Allergies: No Known Drug Allergies (NKDA)

PMH (*Past Medical History*):

- Diabetes Mellitus
- Obesity (BMI 30)

Eatie Wells, RN: "Hello, welcome back to the office. Today we are going to talk about your recent diagnosis of diabetes and the healthy lifestyle changes that you can make to improve your health while living with diabetes. Do you have any questions before we begin?"

Aintshe Sweet: "YES! The doctor mentioned that exercising and eating were going to be important to help treat diabetes. How is that possible?"

Eatie Wells, RN: "Well, exercise helps the heart and other organs stay healthy AND increases the body's ability to respond to insulin, thus, helping treat the diabetes by lower blood sugars naturally. Even losing 5-10% of baseline weight can help fight off the heart disease and high blood pressure associated with diabetes."

Aintshe Sweet: "Wow. I did not know healthy living was that powerful. The doctor mentioned Body-Mass...something at the last visit. What is that?"

Eatie Wells, RN: "Yes, the BODY-MASS-INDEX. It is a convention to help define healthy weights for people based on their heights. The formula for calculating this is a person's weight in kilograms DIVIDED by their height in meters squared. A Normal and healthy weight is from 18-24. Overweight is from 25-29.9. Obese is from 30.0-39.9. Morbidly Obese is any BMI 40.0 or greater. These different levels are important, as which each level, the risk for bad health increases."

Aintshe Sweet: "What are the other things we can do to live healthier?"

Eatie Wells, RN: "Weight gain and loss essential boils down to one core principle 'Energy In vs Energy Out'." Because this is the case, making food choices for a healthy lifestyle is very important. Luckily, there are many reputable tools available to help you make those choices every day. One fantastic resource is Choosemyplate.gov (www.choosemyplate.gov/). Let me show you a video produced by them:

Healthy Plate Video: <http://youtu.be/eg0uVx0Uilo>

Aintshe: "Thats a great video! I've heard proteins are an important part of a healthy diet. What kinds of foods are proteins?"

Eatie Wells, RN: "All foods made from meat, eggs, chicken, turkey, seafood, beans, peas, nuts and seeds are part of the protein family of foods. If choosing to eat a meat or poultry based protein, choosing the lean or low-fat option is the best way to go. Also frying these foods (like frying chicken in shortening or frying eggs in butter) adds what is called empty calories. Empty calories are calories that are from solid fats (fats solid at room temperature) or added sugars (like corn syrups). Too much of these are unhealthy. You can find out more information about protein here: www.choosemyplate.gov/food-groups/protein-foods.html.

Aintshe Sweet: "Sooo my mom LOVES oreos...but I have a feeling those are 'empty calories'. She also likes oranges. How do we find out the sugary difference between these things?"

Eatie Wells, RN: "Well, all foods have nutritional labels on the packaging that tell you the nutritional facts about that food. You a can also go to reputable websites that can tell you the same information, and let you compare foods. One such website is the Food-A-Pedia (www.supertracker.usda.gov/foodapedia.aspx). For example, in a single medium-sized cookie, there is 4 grams of sugar (10 grams of carbohydrates). In a 12 fl oz can of soda, there is 49 grams of sugar (49 grams of carbohydrates). In an orange, there are 12 grams of sugar (15 grams of carbohydrates). In a slice of whole wheat bread, there are 2 grams of total sugar (12 grams of carbohydrates).

Aintshe Sweet: "That's great! This website makes it really easy to compare foods! But I forgot, what are the things we can do to help my mom keep her diabetes under control?"

Eatie Wells, RN: "Well, in general, you should eat right, exercise regularly, follow up with your doctor as recommended, and make sure you have your routine health screening. Here is another resource to help guide you!

http://www.acponline.org/patients_families/products/health_tips/diab_en.pdf

Aintshe Sweet: "Can we schedule a follow up visit to review some of this stuff in a couple weeks?"

Eatie Wells, RN "Of course, let's plan on meeting in 4 weeks to see how these lifestyle changes are going."

Reading list:

http://www.acponline.org/patients_families/products/health_tips/diab_en.pdf

<http://www.diabetes.org/diabetes-basics/diagnosis/?loc=db-slabnav>

<http://www.diabetes.org/diabetes-basics/>

<http://www.diabetes.org/living-with-diabetes/complications/?loc=lwd-slabnav>

<http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>

Teacher Note: