**DPT CAPSTONE**

**Patient Education/Interview**

**Joslyn Chavis, SPT**

With each patient, I allowed them to read the brochure for a few minutes then we discussed the brochure and their experience managing diabetes. I answered any of their questions. I also asked each patient a series of questions and their responses are below.

**Patient 1 (I interview pt in her home)**

58 year old female, 5’2” and 175lbs, lumbee Indian

*Hx:*

Was diagnosed with type 2 diabetes 7 years ago. Also has hypertension. Works full time. Recently had PT for L meniscal tear.

*How many times a week do you exercise?*

-30 mins/day on treadmill at home in living room

*What is your diet like?*

-Eats lots of fruits and vegetables and only eats “sweets” 1x/week. Said she does not drink much water.

*How often do you check your sugar levels (blood glucose)?*

-3x/per day

*Do you check your skin and feet regularly?*

yes

*Do you smoke?*

No

*Does anyone in your family have diabetes?*

Father and mother

*Discussion about last question on post test regarding barriers?*

“Money, its an expensive disease.”

“Hard to change the way I eat after being use to eating a certain way for so long”

**Patient 2 (I interviewed this patient at local fitness center/pt clinic)**

59 year old female, 5’1” and 180 lbs., lumbee Indian

*Hx*:

Was diagnosed with type 2 diabetes 20 years ago. Uses insulin pump. Has hypertension. Had heart attack in 2013. Husband is deceased, he also had diabetes. Primary care taker of her mother.

*How many times a week do you exercise?*

-walks 4x/week for 20 minutes

-Plans to join local gym soon

-Has lost 27 lbs this year

*What is your diet like?*

-Low carb, whole grain, not a big sweet eater, 3-4 bottles of water/day, soda very seldomly.

*How often do you check your sugar levels (blood glucose)?*

-5x/per day, its normally around 130-150

*Do you check your skin and feet regularly?*

Yes, checks skin and feet multiple times a day

*Do you smoke?*

No

*Does anyone in your family have diabetes?*

Maternal grandfather, deceased husband

*Discussion about last question on post test regarding barriers?*

“Motivation and funds.”

She said it was hard to change eating habits.

“I had used fat back all my life”

“I try to teach my children to eat healthier”