Patient Counselling for Type 2 Diabetes

Experiment 9 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To counsel a fictional person with type 2 diabetes.

Principle

Long-term glucose management combines prescribed medicines, food/activity choices and complication monitoring.

Key Points

- Review the exact medicine plan and adherence barriers.
- Explain symptom recognition and the individual action plan for low glucose where relevant.
- Discuss foot care, eye/renal review and avoiding tobacco.

Practice Scenario

Fictional role-play case: A fictional adult misses evening medicine when travelling and has no routine follow-up record.

Activity Procedure

1. Assess

Ask about understanding, actual medicine instructions, adherence and concerns.

2. Explain

Explain the medicine purpose and practical self-care in plain language.

3. Demonstrate

Demonstrate a relevant device or reminder method when applicable.

4. Plan

Agree a medicine reminder, review the prescribed monitoring plan and refer symptoms or uncertainty to the care team.

5. Teach back

Ask the partner to repeat the plan and record follow-up needs.

Record and Observations

Topic	Counselling record
Medicine / adherence concern	_____
Key explanation	_____
Teach-back	_____
Referral / follow-up	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use the supplied case and medicine labels; do not issue a prescription.

Viva Questions and Answers

1. Why ask about actual use?

Prescribed directions and the way a person uses treatment may differ.

2. Why use teach-back?

It checks practical understanding.

3. Can a student change the regimen?

No; treatment changes require the authorised clinician's plan.

First Hope

COMPLETE NOTES

Click here to visit our website

PHARMACY PRACTICAL NOTES

Complete subject and semesters are available on FirstHope app only.

Scan or click here

Click here to get the app >

Available on Google Play

JOIN THE FIRSTHOPE COMMUNITY

Join our Telegram channel

Click here to join Telegram >

Scan or click here

@FirstHopeNotes

Instagram

@firsthope.official

Click here to follow >

YouTube channel

FirstHope-Pharmacy / Live streams

Click here to watch >

WhatsApp channel

Follow FirstHope on WhatsApp

Click here to join >

FirstHope website

firsthope.co.in

Click here to visit >

B.Pharm / D.Pharm / M.Pharm / Pharm.D

Complete subjects and semesters are available in the FirstHope app.