Clinical Patient Counselling - Type 2 Diabetes

Experiment 17 - 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.

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