

SETTING

Suburban Medical Clinic

PATIENT

You are 45 years old, and have recently been feeling tired and unwell. Recent publicity about diabetes (on TV, in the papers) has made you decide to get a check-up. With a busy office job, three teenage children and a spouse, you don't have time to exercise, although you know you are overweight and unfit.

TASK

- When asked, say that lately you have been feeling tired and unwell – sometimes dizzy, thirsty, breathless and with itchy skin.
- Explain that you have a busy and stressful office job, and three teenage children, which leaves you no time for exercise. Ask if the symptoms might mean you have diabetes.
- Ask how diabetes is treated.
- Find out what you should do now.
- Agree to do a blood test and to make an appointment to discuss the results.

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DOCTOR

A 45-year-old office worker presents, complaining of tiredness and feeling unwell. The patient appears to be overweight and thinks he/she may have diabetes. He/she has a busy office job, three teenage children and a spouse, and says he/she has no time to exercise.

TASK

- Find out about the patient's symptoms and concerns.
- Explore the patient's lifestyle (e.g., exercise, work/life balance, etc.).
- Discuss the possible significance of the symptoms (unbalanced lifestyle, possible underlying condition, e.g., diabetes). Reassure the patient about his/her symptoms (i.e., different possible causes; diabetes is only one of them, it can be managed, etc.).
- Briefly explain diabetes (i.e., insulin not produced [Type 1] or not sufficient/effective [Type 2], sugar not cleared from blood, etc.) and how it can be managed (medication, diet, exercise, monitoring of blood glucose, etc.).
- Outline next steps (diagnostic blood test, return visit for results, consequent assessment of the patient's health and lifestyle).